

OCTOBER 2017 BREAKFAST MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	2 WHOLE WHEAT FRENCH TOAST STICKS/ SYRUP APPLESAUCE GRAPE JUICE SKIM MILK	3 SUPER DONUT APPLE ORANGE JUICE SKIM MILK	4 COLD CEREAL APPLE JUICE MANDARIN ORANGES SKIM MILK	5 WHOLE GRAIN POPTART BANANA ORANGE JUICE SKIM MILK	6 WHOLE GRAIN MORNING ROLL PEACHES APPLE JUICE SKIM MILK	7
8	9 WHOLE GRAIN PANCAKES GRAPE JUICE APPLE SKIM MILK	10 FRUDEL ORANGE JUICE PINEAPPLE SKIM MILK	11 WHOLE GRAIN BLUEBERRY MUFFIN APPLE JUICE MANDARIN ORANGES SKIM MILK	12 WHOLE GRAIN POP TARTS GRAPE JUICE BANANA SKIM MILK	13 WHOLE GRAIN BISCUIT ORANGE JUICE PINEAPPLE YOGURT SKIM MILK	14
15	16 PORK PANCAKE SAUSAGE WRAP GRAPE JUICE APPLE SKIM MILK	17 CEREAL BAR BANANA YOGURT GRAPE JUICE SKIM MILK	18 SUPER BUN PEARS ORANGE JUICE SKIM MILK	19 WG BLUEBERRY MUFFIN APPLE JUICE PINEAPPLE SKIM MILK	20 WG MINI BAGEL PULL-APARTS MANDARIN ORANGES ORANGE JUICE SKIM MILK	21
22	23 WHOLE WHEAT FRENCH TOAST STICKS/ SYRUP APPLESAUCE GRAPE JUICE SKIM MILK	24 SUPER DONUT APPLE ORANGE JUICE SKIM MILK	25 COLD CEREAL APPLE JUICE MANDARIN ORANGES SKIM MILK	26 WHOLE GRAIN POPTART BANANA ORANGE JUICE SKIM MILK	27 WHOLE GRAIN MORNING ROLL PEACHES APPLE JUICE SKIM MILK	28

Paid Breakfast Price is \$2.25

Reduced Breakfast Price \$.30

Purchase school meals in advance. Check, money orders, and debit/credit cards are accepted as payment. NSF checks are reported to Check Alert. **NO CASH ACCEPTED. All students with a meal balance of \$15.00 will be denied school meals.** Please check your student's meal account regularly to avoid this. You must notify the school nutrition department has your students the food allergies on file. You may contact the Nutrition Department with any concerns.

OCTOBER 2017 LUNCH MENU

	Monday	Tuesday	Wednesday	Thursday	Friday	
1	2 TURKEY HOT DOG RANCH BEANS SEASONED CARROTS WW BUN PEARS KETCHUP/MUSTARD SKIM MILK	3 BEEF TACO MEAT FLOUR TORTILLA GRATED CHEESE SALAS PINTO BEANS MANDARIN ORANGES SKIM MILK	4 WHOLE GRAIN CHICKEN PATTY CELERY STICKS SALAD HAMBURGER BUN RANCH DRESSING KETCHUP PEACHES SKIM MILK	5 BAKED ZITI & BEEF MEAT SAUCE TOSSED SALAD GARNISH GRATED CHEESE WHOLE GRAIN ROLL RANCH DRESSING BANANA SKIM MILK	6 HAMBURGER ON BUN CHEESE SLICE STEAK FRIES MUSTARD AND/OR KETCHUP PINEAPPLE SKIM MILK	7
8	9 BBQ BEEF BAKED BEANS WHOLE WHEAT BUN PEARS SKIM MILK	10 WHOLE GRAIN CHICKEN NUGGETS BABY CARROTS BROCCOLI W/ CHEESE SAUCE KETCHUP RANCH DRESSING PEACHES WHOLE WHEAT BREAD MILK	11 BEEF & BEAN BURRITO CHEESE SAUCE SALSA NUTRITIONAL ENHANCED CORN BANANA MILK	12 GRILLED CHICKEN ON CIABETTA BBQ SAUCE STEAK FRIES MANDARIN ORANGES KETCHUP SKIM MILK	13 SPAGHETTI W/MEAT SAUCE TOSSED SALAD GARNISH GRATED CHEESE WHOLE GRAIN WHEAT ROLL RANCH DRESSING APPLESAUCE MILK	14
15	16 BEEF MEATBALLS BBQ SAUCE BAKED BEANS WHOLE WHEAT BREAD DICED PEACHES MILK	17 CHICKEN SPAGHETTI CORN GREEN BEANS MANDARIN ORANGES WHOLE GRAIN ROLL SKIM MILK	18 TURKEY SAUSAGE PATTY WAFFLE STICKS STEAK FRIES PEARS SYRUP SKIM MILK	19 BEEF TACO MEAT GRATED CHEESE CHUCKWAGON CORN SHREDDED LETTUCE SALAS TORTILLA CHIPS APPLE SKIM MILK	20 CHEESE PIZZA CRUNCHERS MARINARA SAUCE GREEN SALAD GARNISH GRATED CHEESE RANCH DRESSING PINEAPPLE SKIM MILK	21
22	23 TURKEY HOT DOG RANCH BEANS SEASONED CARROTS WW BUN PEARS KETCHUP/MUSTARD SKIM MILK	24 BEEF TACO MEAT FLOUR TORTILLA GRATED CHEESE SALAS PINTO BEANS MANDARIN ORANGES SKIM MILK	25 WHOLE GRAIN CHICKEN PATTY CELERY STICKS SALAD HAMBURGER BUN RANCH DRESSING KETCHUP PEACHES SKIM MILK	26 BAKED ZITI & BEEF MEAT SAUCE TOSSED SALAD GARNISH GRATED CHEESE WHOLE GRAIN ROLL RANCH DRESSING BANANA SKIM MILK	27 HAMBURGER ON BUN CHEESE SLICE STEAK FRIES MUSTARD AND/OR KETCHUP PINEAPPLE SKIM MILK	28

Paid Lunch Price is \$3.50

Reduced Lunch Price \$.40

Purchase school meals in advance. Check, money orders, and debit/credit cards are accepted as payment. NSF checks are reported to Check Alert. **NO CASH ACCEPTED. All students with a meal balance of \$15.00 will be denied school meals.** Please check your student's meal account regularly to avoid this. You must notify the school nutrition department has your students the food allergies on file. You may contact the Nutrition Department with any concerns.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER **Meals are catered by J&F Food Service** MENU SUBJECT TO CHANGE BASED ON AVAILABILITY