

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

**Breakfast
Served Daily
7:30-8:00
Cost \$1.60**

Soccer Sectional



Good Luck

2 Sub Sandwich or Hamburger on Bun, Cheese, lettuce, Pickles Baked chips Applesauce or Fresh Fruit

3 Stuff Crust Pizza or Crispy Chicken on Bun Carrots & Red Peppers Mix Salad Hot Apples

4 Beefaroni or Ravioli with Breadstick dip Green Beans or Mix Green Salad Fresh Fruit or Juice

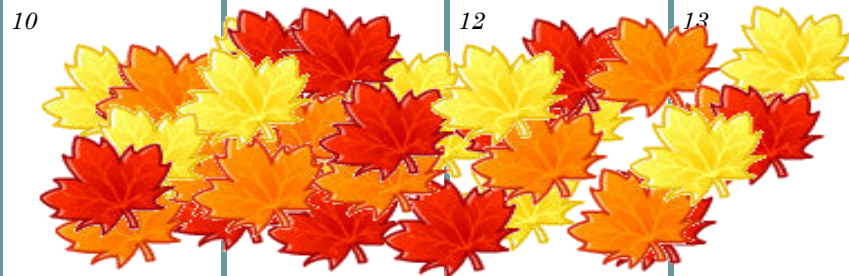
5 Walking Taco or Potato Munchkins Refried Beans, Salsa, Cheese, Lettuce Corn Applesauce Smoothie

6 Cooks Choice Green Beans Romaine Salad or Applesauce Baked Chips Diced Pears Or Fresh Fruit

Monday
Pancake/Syrup
Tuesday
Egg, Cheese Wrap
Wednesday
Breakfast Pizza

All meals served with 1% white, Fat Free Chocolate and Strawberry milk.

**FALL
BREAK**



Thursday
Biscuit Sausage Gravy
Friday
Ham, Egg, Cheese Biscuit

USDA REQUIREMENTS
Students must select at least one item from the vegetables and fruit varieties offered daily!

16 Beef n Cheddar or Cheeseburger on Bun Baked Waffle Fries Steamed Broccoli Pudding

17 Pepperoni Pizza or Crispy Chicken on Bun Baked Fries Glazed Carrots Hot Apples

18 Ham and Cheese Wrap or Baked Fish on Bun Baked Chips Fruited Jell-O Rice Krispies

19 Cheese Quesadilla or Nacho & Cheese with Tostitos Vegetarians Beans, Seasoned Rice, Fresh Veggie Fruit Cup

20 Pork Rib-Q or Baked Tenderloin on Bun Baked Chips Romaine Salad Chilled Fruit

Breakfast is served with Fruit, Juice and Milk. Students must take all 3.

23 Pork BBQ or Cheeseburger on Bun Baked Fries Steamed Broccoli Slaw Pudding

24 Spaghetti w Meat Sauce & Breadstick or Crispy Chicken on Bun Glazed Carrots Fresh Fruit Cookie

25 Grilled Chicken Wrap or Stuffed Calzone Mix Salad Choice of Fruit

26 Baked Cheese Sticks w Mariana Sauce or Baked Fish on Bun Baked Beans Salad Choice of Fruit

27 Ham & Cheese Pocket or Baked Tenderloin on Bun Carrot & Celery Sticks w dip Diced Pears Or Fresh Fruit

30 Corn Dog or Eagleburger on Bun Baked Fries Applesauce or Peaches Pudding

31 Beef n Cheese Burrito w Rice or Grilled Chicken on Bun Fresh Veggie Stick Choice of Fruit Cookie

Daily Choices:
Lunchmeat Sandwich, Chef Salad, Yogurt Parfait