

FOOD SERVICE NEWS

BREAKFAST MENU



O
C
T
O
B
E
R

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chocolate muffin Cheese stick Fruit Fruit juice	2 Loaded HB patty Fruit Fruit juice	3 Cereal bar Fruit Fruit juice	4 Cereal Pop tart Cantaloupe Fruit juice
7 Mini donuts Fruit Fruit juice	8 Chicken & waffles Fruit Fruit juice	9 Cinnamon roll Fruit Fruit juice	10 Yogurt w/ granola Fruit Fruit juice	11 Cereal Pop tart Fresh strawberries Fruit juice
14 Cinnamon breakfast cookie Fruit Fruit juice	15 Cheese omelet HB patty Fruit Fruit juice	16 Fruit stuffed bagel Fruit Fruit juice	17 Egg casserole Fruit Fruit juice	18 Cereal Pop tart Watermelon wedges Fruit juice
21 Long John donut Fruit Fruit juice	22 Pancakes Sausage links Fruit Fruit juice	23 Blueberry muffin Cheese stick Fruit Fruit juice	24 Breakfast pizza Fruit Fruit juice	25 Cereal Pop tart Grapes & strawberries Fruit juice
28 Cereal bar Cheese stick Fruit Fruit juice	29 Pancake sausage bites Fruit Fruit juice	30 Mini donuts Fruit Fruit juice	31 Breakfast burrito Fruit Fruit juice	

MILK served with all meals.

LUNCH MENU



USDA is an equal opportunity provider and employer. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Teriyaki chicken Seasoned rice Oriental veggies Mandarin oranges Dinner roll	2 Breaded chicken sandwich French fries Marinated veggies Grapes & strawberries	3 Chili w/ crackers String cheese Applesauce Frosted Cinnamon roll	4 Breaded cheese sticks Green beans Assorted fresh vegetables Fresh cut melon
7 Boneless chix drummie Italian pasta salad Steamed Broccoli Tropical fruit	8 Chicken & noodles Mixed vegetables Pineapple / Mand. Oranges Roll & butter	9 Breaded pork sandwich Wedge fries Seasoned brussel sprouts Peaches	10 Pepperoni pizza Lettuce salad w/ dressing Fresh veggies Orange wedges	11 Walking taco Mexican street corn Refried beans Fresh fruit
14 Pasta w meat sauce Salad w/ mixed greens Steamed vegetable medley Pears Garlic twist	15 BBQ rib sandwich French fries Baked beans Apple wedges	16 Hot dog (Chili for grades 6-12) Tater tots Green beans Watermelon	17 Salisbury steak Mashed potatoes & gravy Peaches Roll & butter	18 Garlic cheese bread Salad w/ dressing Steamed carrots Applesauce
21 Breaded drumstick Mashed potatoes & gravy Fruit medley Roll & butter	22 Cheeseburger French fries Baked beans Fruit	23 Deli/croissant Fresh assorted vegetables Baked chips Orange slices	24 Chicken fajita Peppers & onions Buttered corn Mandarin oranges Cookie	25 French toast Sausage links HB patty Strawberries & bananas
28 Breaded chicken wrap Seasoned potatoes Broccoli w/ cheese sauce Fruit medley	29 Pulled pork/bun Three bean salad French fries Strawberries & grapes	30 Sausage pizza Tossed salad w/ greens Steamed carrots Applesauce	31 Bat wing nuggets Garlic mashed potatoes Mixed vegetables Fruit Cookie	

Choose a salad as an alternate lunch daily (HS & MS only)

O
C
T
O
B
E
R