

October 2017

Monday		Tuesday		Wednesday		Thursday		Friday		Sat & Sun	
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2	Muffin, Cereal, Fruit, Yogurt BBQ Pork/Bun, Carrots, Mixed Lettuce, Broccoli Raisin salad, Cauliflower, Celery, Peppers, Pickle, Onions, Mandarin Oranges, Pears	3	Toast & Jelly, Cereal, Juice, Fruit Chicken Alfredo, Breadstick, Broccoli, Lettuce, Spinach salad, Carrots, Cauliflower, Tomato, Oranges	4	Waffles & Sausage or Cereal, Fruit Grilled Cheese sandwich, California blend Vegetables, Lettuce, Pasta salad, Carrots, Cucumbers, Peaches, Pears	5	Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Meatloaf sandwich, Tri-tator, Mixed Lettuce, Apple salad, Carrots, Cauliflower, Broccoli, Applesauce, Pineapple	6	Pop-Tarts, Cereal, Fruit Pepperoni Pizza, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Peppers, Grapes, Peaches, Cookie	7	
9	French toast sticks & Sausage or Cereal, Fruit Chicken Quesadilla, Beans & Rice, Mixed Lettuce, Cabbage salad, Broccoli, Peppers, Tomato, Mandarin Oranges, Pears	10	Bagels & Cream cheese, Cereal, Yogurt Smoothy, Fruit Breaded Pork Patty/Bun, Broccoli, Mixed Lettuce, Spinach salad, Carrots, Celery, Cauliflower, Applesauce, Apricots, Raisins	11	Coffee cake, Cereal, Juice, Fruit Mini Corn Dogs, Green Beans, Lettuce, Cherry salad, Broccoli, Peppers, Celery, Peaches, Pears	12	Toast & Jelly, Cereal, Fruit, Yogurt Popcorn Chicken, Mixed Vegetables, B&B, Mixed Lettuce, Caesar salad, Broccoli, Garbanzo beans, Carrots, Apple slices w/Dip	13	Breakfast Pizza, Cereal, Fruit Hot Ham & Cheese/Bun, French fries, Lettuce, Coleslaw, Carrots, Cauliflower, Peppers, Mandarin Oranges, Pears	14	
16	Scramble Eggs & Ham, Toast, Cereal, Fruit Mr. Rib/Bun, Broccoli w/Cheese, Lettuce, Lemon Salad, Carrots, Cauliflower, Tomato, Applesauce, Pineapple	17	Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Spaghetti w/Meatsauce, Breadstick, Mixed Lettuce, Caesar salad, Carrots, Peppers, Cucumbers, Peaches, Pears	18	Panckes & Sausage or Cereal, Fruit Chicken Strips, Mixed Vegetables, B&B, Lettuce, Chop-chop Salad, Carrots, Celery, Peppers, Orange slices	19	Breakfast Cookie Cereal, Juice, Fruit Soft shell Taco, Refried beans, Lettuce, Tomato, Olives, Cheese, Salsa, Pasta salad, Carrots, Broccoli, Mandarin Oranges, Applesauce	20	Egg Muffin, Cereal, Yogurt, Fruit Ham or Egg salad sandwich, Macaroni & Cheese, Lettuce, Cabbage salad, Carrots, Broccoli, Cucumbers, Melon cup, Pineapple	21	
23	Waffles & Sausage or Cereal, Fruit Crispito w/ cheesesauce, Rice & Beans, Lettuce, Spinach salad, Tomato, Olives, Salsa, Carrots, Broccoli, Mandarin Oranges, Pears	24	Toast & Jelly, Cereasl, Yogurt Parfaits, Fruit Chicken Patty, Bun, Italian blend Vegetables, Mixed Lettuce, Caesar salad, Broccoli, Peppers, Peaches, Applesauce	25	Egg Casserole, Cereal, Juice, Fruit Lasagna, Breadstick, Mixed Lettuce, Pea salad, Carrots, Cauliflower, Celery, Banana	26	English muffin, Cereal, Fruit Hot Dog/Bun, Baked Beans, Mixed Lettuce, Cabbage salad, Carrots, Broccoli, Cauliflower, Pineapple, Raisin, Mixed Fruit	27	Sweet Breads, Cereal, Fruit, Yogurt Sausage Pizza, Mixed Lettuce, Cottage cheese, Carrots, Broccoli, Celery, Pears, Mandarin Oranges, Cookie	28	
30	NO SCHOOL	31	Pancakes & Sausage or Cereal, Juice, Potatoes & Ham, B&B, Mixed Lettuce, Pea salad, Broccoli, Cauliflower, Carrots, Applesauce, Pears.	Breakfast: choice of skim or 1% milk Lunch: choice of skim, 1%, or skim chocolate milk Tues & Thurs. MS/HS also has the option for 100% orange juice All bread products served are whole grain. USDA is an equal opportunity provider and employer							
22		15		8		1		29		22	