



October 2019 MENU

	<p>1-Oct Whole grain (WG) English muffin Ham & egg scramble Fruit, juice, milk</p> <p>Cheeseburgers, baked beans, WG chips watermelon, Milk</p>	<p>2-Oct WG Breakfast sandwich Fruit, cold cereal, juice Milk</p> <p>Orange chicken, WG rice Fruit, @Veg. Milk</p>	<p>3-Oct WG muffin & eggs Fruit, cold cereal, juice Milk</p> <p>Chicken sandwich, tator tots Fruit, peas Milk</p>	<p>4-Oct WG pancakes Fruit, cold cereal, juice Milk</p> <p>Fish sticks, Wheat roll Pears, baked beans, corn Milk</p>
<p>7-Oct Sausage & scrambled eggs Cold cereal, yogurt Fruit, juice, milk</p> <p>Chicken strips, mac & cheese, Salad, & milk</p>	<p>8-Oct WG Breakfast burritos Fruit, cold cereal, juice Milk</p> <p>Chicken Broccoli alfredo Apples, salad Milk</p>	<p>9-Oct WG oatmeal Fruit, cold cereal, juice Milk</p> <p>Mahi casserole, bread sticks Oranges, salad, baked beans Milk</p>	<p>10-Oct WG waffles Fruit, cold cereal, juice Milk</p> <p>Chicken pot pie Peaches, cheese sticks Milk</p>	<p>11-Oct</p> <p style="text-align: center;">NO SCHOOL</p>
<p>14-Oct French toast Fruit, cold cereal, juice Milk</p> <p>Baked chicken, scalloped potatoes Fruit, salad, WG bread stick Milk</p>	<p>15-Oct Eggs & hash browns Fruit, cold cereal, juice Milk</p> <p>Chicken quesadilla Carrots, fruit, salad Milk</p>	<p>16-Oct Breakfast sandwich Fruit, cold cereal, juice Milk</p> <p>Grilled cheese sandwich Fruit, salad, vegetable soup Milk</p>	<p>17-Oct Oatmeal Fruit, cold cereal, juice Milk</p> <p>Mini pizza Celery & peanut butter, fruit Milk</p>	<p>18-Oct WG bagel & cream cheese Fruit, cold cereal, juice Milk</p> <p>Spaghetti & meat sauce Fruit, salad, carrots Milk</p>
<p>21-Oct Breakfast sandwich Fruit, cold cereal, juice Milk</p> <p>Spaghetti, garlic bread sticks Fruit, salad Milk</p>	<p>22-Oct Muffin & eggs Fruit, cold cereal, juice Milk</p> <p>Chicken enchiladas, black beans Fruit, salad, corn Milk</p>	<p>23-Oct Waffles Fruit, cold cereal, juice Milk</p> <p>Pulled pork, cole slaw Fruit, baked beans Milk</p>	<p>24-Oct Bagel & Cream Cheese Fruit, Cold Cereal, Juice milk</p> <p>Baked macaroni & cheese Celery & peanut butter, fruit Milk</p>	<p>25-Oct Pancakes Fruit, Cold Cereal, Juice milk</p> <p>Sub sandwich, fries Fruit, broccoli Milk</p>
<p>28-Oct Eggs & hash browns Fruit, cold cereal, juice Milk</p> <p>Teriyaki chicken, rice Fruit, salad, carrots Milk</p>	<p>29-Oct Breakfast sandwich Fruit, cold cereal, juice Milk</p> <p>Chicken yakisoba stir fry Apples, salad Milk</p>	<p>30-Oct Muffin & eggs Fruit, cold cereal, juice Milk</p> <p>Soft WG tacos, refried beans Fruit, salad, corn Milk</p>	<p>31-Oct Pancakes Fruit, cold cereal, juice Milk</p> <p>Chef salad Peaches, cheese sticks Milk</p>	

1% 0% milk served with each meal.

This Institution is an equal opportunity provider.

Menu is subject to change due to availability of ingredients.