

# 2024 OCTOBER

## Park Rapids Century School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

[Customize this area with announcements, a la carte items, allergen info, etc.]

**1**  
Snack Bread  
Fruit, Juice and Milk  
  
Beef Taco  
Fruit, Vegetable and Milk

**2**  
Breakfast Pizza  
Fruit, Juice and Milk  
  
Chicken Alfredo  
Fruit, Vegetable and Milk

**3**  
Waffle  
Fruit, Juice and Milk  
  
Meatballs and Gravy  
Fruit, Vegetable and Milk

**4**  
Long John  
Fruit, Juice and Milk  
  
Pizza Crunchers  
Fruit, Vegetable and Milk

**7**  
Cereal  
Fruit, Juice and Milk  
  
Cheeseburger  
Vegetable, Fruit and Milk

**8**  
French Toast Sticks  
Fruit, Juice and Milk  
  
Taco in a Bag  
Vegetable, Fruit and Milk

**9**  
Omelet and Bagel  
Fruit, Juice and Milk  
  
Baked Penne Pasta  
Vegetable, Fruit and Milk

**10**  
Breakfast Burrito  
Fruit, Juice and Milk  
  
Chicken Tenders  
Vegetable, Fruit and Milk

**11**  
Breakfast Round  
Fruit, Juice and Milk  
  
Bosco Stick  
Vegetable, Fruit and Milk

**14**  
Cereal  
Fruit, Juice and Milk  
  
Corndog  
Vegetable, Fruit and Milk

**15**  
Mini Pancake Wrap  
Fruit, Juice and Milk  
  
Chicken Taco  
Vegetable, Fruit and Milk

**16**  
Biscuit and Gravy  
Fruit, Juice and Milk  
  
Mac and Cheese Topper  
Vegetable, Fruit and Milk

**17**  
No School

**18**  
No School

**21**  
Cereal  
Fruit, Juice and Milk  
  
Chicken Nuggets  
Vegetable, Fruit and Milk

**22**  
Fruitel  
Fruit, Juice and Milk  
  
Beef Nacho  
Vegetable, Fruit and Milk

**23**  
Scrambled Eggs and Muffin  
Fruit, Juice and Milk  
  
Breaded Chicken Sandwich  
Vegetable, Fruit and Milk

**24**  
Cream Cheese Stuffed Bagel  
Fruit, Juice and Milk  
  
Orange Chicken  
Vegetable, Fruit and Milk

**25**  
Stuffed Hashbrown  
Fruit, Juice and Milk  
  
BBQ Rib on a Bun  
Vegetable, Fruit and Milk

**28**  
Cereal  
Fruit, Juice and Milk  
  
Chicken Drumstick  
Vegetable, Fruit and Milk

**29**  
Breakfast Pocket  
Fruit, Juice and Milk  
  
Pizza  
Vegetable, Fruit and Milk

**30**  
Snack Bread  
Fruit, Juice and Milk  
  
Sloppy Joe  
Vegetable, Fruit and Milk

**31**  
Breakfast Pizza  
Fruit, Juice and Milk  
  
Turkey Gravy  
Vegetable, Fruit and Milk

[Customize this area with announcements, a la carte items, allergen info, etc.]