



**October
2024**

Everyday Breakfast Choices

Mon: Ham & Cheese Breakfast Sandwich, **Tue:** Sausage & Cheese Biscuit, **Wed:** Egg & Cheese Breakfast Sandwich **Thurs:** Sausage & Cheese Bagel **Fri:** Ham, egg & cheese muffin
Oatmeal, Cold Cereal Fruit and 1% White Milk or Skim White Milk (toast or string cheese offered daily with cereal)

Students must choose 3 of 4 Breakfast Items

1 MUST BE FRUIT or Vegetable, A Minimum of a ½ cup

Everyday Lunch Choices

Subs, Sandwiches & Wraps

*Mon: Ham & Cheese Sub *Tues: *American Sub*
*Wed: Italian Sub *Thurs: Turkey & Cheese Wrap
*Fri: peanut butter & jelly

Everyday Grill choices

*Cheeseburger, Hamburger or Veggie Burger
Chicken Burger, Spicy Chicken Burger or Veggie Burger
Bacon Cheeseburger Every Thursdays
All Burgers served with French Fries or Tater Tots*

Salads:

*Mon: Chef Salad *Tues: Hearty Garden Salad *Wed: Taco Salad
*Thurs: Crispy Chicken Salad
(all salads served with WG Roll, except taco salad)

Pizza

Every day: Cheese (v) & Pepperoni

*Mon: BBQ Chicken *Tues: Meat Lovers *Wed: Sausage Pizza *Thurs: Veggie Pizza (v) *Fri: Hawaiian

Breakfast and lunch are available at No Charge to Students

Daily Offering Bar Features: fresh & canned fruits & vegetables daily and 1% white milk or fat free chocolate milk. All grains offered are whole grain.

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| | 1 Breakfast: Tony's Breakfast Pizza Lunch: Creamy Chicken Alfredo | 2 Breakfast: Chocolate Chip Breakfast Round (v) Lunch: Rainbow Chili w/Tortilla Chips | 3 Breakfast: Warm Bagel w/Cream Cheese Lunch: Cheesy Breadsticks w/Marinara | 4 Breakfast: Homemade Fruit Muffin Lunch: Chicken Mashed Potato Bowl w/WG Roll |
| | 7 Breakfast: Pancake Sausage on a Stick Lunch: Nacho Fries w/Tortilla Chips | 8 Breakfast: Creamy Yogurt w/Graham Cracker (v) Lunch: Glazed Chicken Drumstick w/ Mashed Potatoes & Gravy w/WG Roll | 9 Breakfast: Chocolate Chip Breakfast Round (v) Lunch: Ball Park Hot Dog | 10 Breakfast: Warm Blueberry Bagel w/Cream Cheese (v) Lunch: Spaghetti w/Meat Sauce |
| 14 Breakfast: Sausage Pancake on a Stick Lunch: Teriyaki Chicken over Brown Rice | 15 Breakfast: Warm Sausage & Cheese Biscuit Lunch: Taco Meat & Cheese Nachos | 16 Breakfast: Cheesy Scrambled Eggs w/Toast Lunch: BBQ Chicken Sandwich w/Tater Tots | 17 Breakfast: Strawberry Yogurt w/Graham Cracker (v) Lunch: Homestyle Baked Penne Pasta w/WG Roll | 18 Breakfast: Chocolate Chip Breakfast Round (v) Lunch: Fish & Chips w/WG Roll |
| 21 Breakfast: Tony's Sausage Breakfast Pizza Lunch: Cheesy Breadsticks w/Marinara | 22 Breakfast: Cinnamon Pancake Bites (v) Lunch: BBQ Pork Riblet Sandwich w/Tater Tots | 23 Breakfast: Chocolate Chip Breakfast Round (v) Lunch: Orange Chicken over Brown Rice | 24 Breakfast: Fruit & Yogurt Parfait w/Granola (v) Lunch: Creamy Macaroni & Cheese (v) | 25 Breakfast: Bagel w/Cream Cheese Lunch: Bean & Cheese Burrito w/ salsa |
| 28 Breakfast: Waffle w/Berry Compote Lunch: Saucy Meatball Sub | 29 Breakfast: Chocolate Chip Breakfast Round (v) Lunch: Texas Chili w/Tortilla Chips | 30 Breakfast: Mini Maple Waffles (v) Lunch: Sweet & Sour Chicken over Brown Rice | 31 Breakfast: Warm Sausage & Cheese Biscuit Lunch: SW – Style Nachos | Breakfast: Homemade Fruit Muffin Lunch: Chicken Mashed Potato Bowl w/WG Roll |
| | | | Lunch: Students must choose 3 of the 5 components & 1 Must be a ½ cup of Fruit or Vegetable (v)=vegetarian | |

This institution is an equal opportunity provider.



Menu subject to change

