

OCTOBER



**COLUMBIA RIDGE
ELEMENTARY**



**GRANT
ELEMENTARY**



	MON	TUE	WED	THU	FRI
OCT 1-3	New Breakfast Protein Options Monday: Egg & Cheese English Muffin Tuesday: Egg Bites w/ Toast Wednesday: Sausage & Cheese Biscuit Thursday: Omelet w/ Toast Friday: Yogurt & Graham Crackers		Breakfast: Pancake on a Stick Lunch: Pizza (GF,DF) American Sandwich Hot Veggie: Sweet Potato Fries	Breakfast: Pancake Bites Lunch: Macaroni & Cheese Pretzel & Cheese Ham & Cheese Sandwich (GF,DF) Hot Veggie: Parmesan Green Beans	Breakfast: Donut Lunch: Corndog Sweet & Sour Chicken Bowl (GF,DF) Protein Power Box Hot Veggie: Corn
OCT 6-10	Breakfast: Cereal w/ String Cheese Lunch: Chicken Burger Hot Dog (GF,DF) Peach Parfait Hot Veggie: Curly Fries	Breakfast: Muffin Lunch: Bean & Cheese Burrito Walking Tacos Turkey Sandwich (GF,DF) Hot Veggie: Southwest Black Beans	Breakfast: Breakfast Cookie Lunch: Pizza (GF,DF) Tuna Sandwich Hot Veggie: Green Beans	Breakfast: Mini Cinni Lunch: French Toast & Sausage Chicken Alfredo Peppi Pizza Salad (GF,DF) Hot Veggie: Tator Tots	NO SCHOOL
OCT 13-17	Breakfast: Cereal Bar Lunch: Chicken Nuggets Pulled Pork Sandwich Sunbutter & Jelly Sandwich (GF,DF) Hot Veggie: French Fries	Breakfast: Breakfast Bar Lunch: Nachos Chicken Biryani American Sandwich (GF,DF) Hot Veggie: Aztec Corn	Breakfast: Snackin' Maple Waffles Lunch: Pizza (GF,DF) Turkey Sandwich Hot Veggie: Roasted Chickpeas	Breakfast: Party Pancakes Lunch: Spaghetti w/Breadstick Grilled Cheese (GF,DF) Fruit & Yo to Go Box Hot Veggie: Parmesan Green Beans	Breakfast: Banana Muffin Square Lunch: Cheesy Breadstick Orange Chicken Bowl Tuna Sandwich (GF,DF) Hot Veggie: Seasoned Carrots
OCT 20-24	Breakfast: Cereal w/String Cheese Lunch: Chicken Tenders Teriyaki Dippers w/Rice Protein Power Box Hot Veggie: Curly Fries	Breakfast: Scrambled Superhero Egg-a-dilla Lunch: Arroz Con Pollo Twisted Hot Dog Cold Italian Sub (GF,DF) Hot Veggie: Baked Beans	Breakfast: Breakfast Cookie Lunch: Pizza (GF,DF) Ham & Cheese Sandwich Hot Veggie: Green Beans	Breakfast: Muffin w/String Cheese Lunch: Walking Taco Cold Italian Sub Sunbutter & Jelly Sandwich (GF,DF) Hot Veggie: Potato Wedges	Breakfast: Donut Lunch: Chicken Potato Bowl Bean & Cheese Enchilada Pizza Box (GF,DF) Hot Veggie: Seasoned Corn
OCT 27-31	Breakfast: Cereal Bar Lunch: Popcorn Chicken Cheesy Breadsticks Fruit & Yogurt Parfait Hot Veggie: French Fries	Breakfast: Breakfast Pizza Lunch: Quesadilla Chicken Biryani American Sub (GF,DF) Hot Veggie: Southwest Black Beans	Breakfast: Mini Maple Pancakes Lunch: Pizza (GF,DF) Ham & Cheese Sandwich Hot Veggie: Seasoned Corn	Breakfast: Frudel Lunch: Baked Penne Pasta French Toast & Sausage Turkey & Cheese Sandwich (GF,DF) Hot Veggie: Parmesan Green Beans	Breakfast: Cinnamon Roll Lunch: Crispy Chicken Burger Posole Sunbutter & Jelly Sandwich (GF,DF) Hot Veggie: Potato Wedges

This institution is an equal opportunity provider.

Additional nutritional information available online at: ephrataschools.nutrislice.com/menu