

Reduced Lunches are now Free



OCTOBER 2016



<u>Prices</u>	<u>Breakfast</u>	<u>Lunch*</u>
Student	\$1.75	\$2.45
Reduced	Free	Free
Free	Free	Free
Adult	\$2.25	\$3.85
Milk	.50	.50

Daily Breakfast Choices**

ULTIMATE BRKFST ROUND
COLD CEREAL
(MAY CHOOSE 2 CEREALS)
CEREAL BAR &
CHEESE STICK
OR
DAILY SPECIAL



* Lunch includes one entrée, low fat or fat free milk, and unlimited locally grown seasonal fresh fruits and vegetables. All student meals must include 1/2c fruit or vegetables per USDA.

** All breakfast items include milk and fruit. All student breakfast meals must include 1/2c fruit per USDA.

Mon	Tue	Wed	Thu	Fri
3 French Toast Dip & Dunks w/Marinara Cheeseburger Corn Tuna Sandwich	4 Breakfast Pizza Beef Taco & Rice Corn Dog w/Tots Ham & Cheese Sub	5 Pancakes Turkey Meatball Sub Pizza Turkey & Cheese Wrap	6 Sausage Cheese Bagel Toasted Cheese & Tomato Soup Chicken Patty Sandwich Green Beans Ham & Pepp Sub	7 WG Donut & Cheesestick Italian Sub Chicken Nuggets Chips Peanut Butter & Jelly w/Cheese Stick
10 French Toast BBQ Teriyaki Chicken Over Rice Cheeseburger Corn Tuna Sandwich	11 Breakfast Pizza Nachos Supreme Fishwich & Tots Ham & Cheese Sub	12 Pancakes Chicken Quesadilla Pizza Turkey & Cheese Wrap	13 Bagel & Cream Cheese Spaghetti w/Breadstick Chicken Patty Sandwich Green Beans Ham & Pepp Sub	14 NO SCHOOL Statewide In-Service
17 French Toast BBQ Chicken & Roll Cheeseburger Baked Beans Tuna Sandwich	18 Breakfast Pizza Beef Taco & Rice French Toast & Cheese Stick Ham & Cheese Sub	19 Pancakes Turkey Meatball Sub Pizza Turkey & Cheese Wrap	20 Sausage Cheese Bagel Macaroni & Cheese w/Breadstick Chicken Patty Sandwich Green Beans Ham & Pepp Sub	21 WG Donut & Cheesestick Hot Ham & Cheese Chicken Strips Fries Peanut Butter & Jelly w/Cheese Stick
24 French Toast Enchilada Cheeseburger Corn Tuna Sandwich	25 Breakfast Pizza Orange Mandarin Chicken w/Rice Corn Dog w/Fries Ham & Cheese Sub	26 Pancakes BBQ Rib Sandwich Pizza Turkey & Cheese Wrap	27 Bagel & Cream Cheese Chili Fritos Chicken Patty Sandwich Green Beans Ham & Pepp Sub	28 Yogurt & Berry Muffin Turkey Weiner Wrap Chicken Nuggets Tots Peanut Butter & Jelly w/Cheese Stick
 French Toast Nachos Supreme Cheeseburger Corn Tuna Sandwich Halloween Treat	1 Breakfast Pizza Chicken Taco & Rice Turkey Hot Dog w/Tots Ham & Cheese Sub	2 Pancakes Sloppy Joe Pizza Turkey & Cheese Wrap	3 Sausage Cheese Bagel Beef Stroganoff w/Breadstick Chicken Patty Sandwich Green Beans Ham & Pepp Sub	4 WG Donut & Cheesestick Chicken Quesadilla Chicken Strips Fries Peanut Butter & Jelly w/Cheese Stick

*All grains are at least 50% whole grain

*Menu subject to change