



October 2017

(Students \$0.00; Adults \$1.90)

BREAKFAST CHOICES

DAILY CHOICES: Bagel w/ Cream Cheese, Assorted Cold Cereal and Oatmeal w/ Toast
1% & SKIM WHITE MILK

A VARIETY OF FRESH AND CANNED FRUIT WILL BE OFFERED.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
French Toast Sticks Sausage & Cheese Muffin	Pancake on a Stick Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait Sausage & Cheese Muffin	Cinnamon Roll Ham & Cheese Muffin
9	10	11	12	13
French Toast Sticks Sausage & Cheese Muffin	Pancake on a Stick Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait Sausage & Cheese Muffin	No School
16	17	18	19	20
French Toast Sticks Sausage & Cheese Muffin	Pancake on a Stick Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait Sausage & Cheese Muffin	Cinnamon Roll Ham & Cheese Muffin
23	24	25	26	27
French Toast Sticks Sausage & Cheese Muffin	Pancake on a Stick Egg & Cheese Muffin	Breakfast Pizza Breakfast Round	Fruit Yogurt Parfait Sausage & Cheese Muffin	Cinnamon Roll Ham & Cheese Muffin
30	31			
Fresh Toast Sticks Sausage & Cheese Muffin	Pancake on a Stick Egg & Cheese Muffin		Breakfast Includes the following 4 Components: Grains/Fruits Vegetables/Dairy You Must choose Three of the Four Components and One Must be a ½ Cup Fruit or Vegetable.	

*Menu is subject to change
 This Institution is an Equal Opportunity Provider.*



October 2017

(Students \$0.00; Adults \$3.40)



EVERYDAY CHOICES

Build Your Own Nachos
*Beef Taco Meat, Chicken Fajita Meat
 or Vegetarian Refried Beans*



Mon: Cheese, Pep, Hawaiian
Tues: Cheese, Pepperoni
Weds: Cheese, Pep, Meat Lovers
Thurs: Cheese, Pepperoni
Fri: Cheese, Pepperoni, Taco



DELI EVERYDAY CHOICES

Specialty Sandwiches and
 Daily Featured Salads
 w/Fruit and Vegetables



DAILY OFFERING BAR WITH LUNCH CHOICES

Locally Grown Seasonal Fresh
 Fruit and Vegetables, plus Apples,
 Oranges, Garden Salad Greens and
 Low Fat or Fat Free Milk



EVERYDAY CHOICES
All w/ Oven Baked Curly Fries
Hamburger/ Cheese Burger
Crispy/Spicy Chicken Sandwich
Chicken Nuggets
Corn Dog

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Parmesan Sandwich	Orange Chicken Rice Bowl	BBQ Pork Sandwich	Country Style Chicken Bowl	Cheesy Breadsticks w/ Marinara Sauce
9	10	11	12	13
Spaghetti w/ Meat Sauce	General Tso's Chicken Rice Bowl	Zesty Enchiladas	Chicken Quesadilla	No School
16	17	18	19	20
Chicken Parmesan Sandwich	Dragon Fire Chicken Stir-fry	BBQ Pork Sandwich	Country Style Chicken Bowl	Cheesy Breadsticks w/ Marinara Sauce
23	24	25	26	27
Spaghetti w/ Meat Sauce	Orange Chicken Rice Bowl	Zesty Enchiladas	Beef Quesadilla	Beef Mashed Potato Bowl
30	31			
Chicken Parmesan Sandwich	General Tso's Chicken Rice Bowl			



To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice)

