

October Breakfast and Lunch Menu 2017

Every breakfast and lunch served with choice of milk. Breakfast 1.00 Lunch \$2.55
 Emergency substitutions may be necessary.
Only white milk on cereal days.

Breakfast requirements
½ c. fruit or veg.
1 bread or cereal
1 oz. meat or 1 bread/cereal
Milk

2 Breakfast: Scrambled Eggs Toast Fruit Lunch: Chicken Patty On WW Roll Baked Beans Fruit Choice	3 Breakfast: Choice of Cereal Toast Fruit Lunch: Baked Chicken Mashed Potato Corn Fruit Choice	4 Breakfast: Whole Grain Pancakes Fruit Cup Lunch: Mexican Taco Salad! Taco Chips & Taco Meat Cheddar Cheese Lettuce Cup Spicy Salsa Brown Rice, Fruit Choice	5 Breakfast: Scrambled Eggs Toast Fruit Lunch: Pizza Dippers Marinara Sauce Fruit Choice Green Beans	6 Breakfast: Choice of Cereal WW Toast Fruit Lunch: Oven Crispy Nuggets! Breaded Chicken Nuggets WW Dinner Roll Corn off the Cob Choice of Fruit
9 Breakfast: Choice of Cereal Fruit Lunch: Where's the Beef? WW Bun Hamburger American Cheese Baked Beans Choice of Fruit	10 Breakfast: Choice of Cereal Toast Fruit Bag Lunch Turkey and cheese On WW Roll Banana Chips Cookie	11 Breakfast: Whole Grain Pancakes Juice Lunch: Homemade Sausage, Pepperoni, Cheese or Combo Pizza Dark Green Salad Fruit Choice	12 Breakfast: Scrambled Eggs Toast Fruit Lunch: Toasted Cheese on Whole Grain Bread Tomato soup & crackers Carrot Sticks & Dip Fruit Choice	13 Breakfast: Choice of Cereal Fruit Toast Lunch: Mini Corn Dogs Baked Beans Fruit Choice Dinner Roll
16 Breakfast: Choice of Cereal Toast Fruit Lunch: Ham Slice Brown Rice Fruit Choice Whole Wheat Cookie	17 Breakfast: Choice of Cereal Toast Fruit Lunch: Oven Crispy Nuggets! Breaded Chicken Nuggets WW Dinner Roll Corn off the Cob Choice of Fruit	18 Breakfast: Pancakes Juice Lunch: It's Breakfast for Lunch: Sweet Warm Pancakes Yogurt Baby Carrots Orange Smiles	19 Breakfast: Scrambled Eggs Toast Fruit Lunch: Mexican Taco Salad! Taco Chips & Taco Meat Cheddar Cheese Lettuce Cup Spicy Salsa Brown Rice, Refried Beans Fruit Choice	20 Breakfast: Choice of cereal Toast Fruit Lunch: Chicken Patty on WG Roll Baked Beans Choice of Fruit
23 Breakfast: Scrambled Eggs Toast Fruit Lunch: Baked Potato Chili Cheese & Crackers Fruit Choice WW Cinnamon Roll	24 Breakfast: Choice of Cereal Toast Fruit Lunch: Pizza Dippers & Marinara Dipping Sauce Seasoned Corn Fruit Choice	25 Breakfast: Pancakes Yogurt Fruit Lunch: Pasta Day Your Way! Pasta & Meat Sauce or Plain Tossed Salad or Green Beans WW Dinner Roll Choice of Fruit	26 NO SCHOOL	27 NO SCHOOL

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