

October

2023

This institution is an equal opportunity provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.	2/ BREAKFAST: Nutri Grain Bar LUNCH: Grilled Chicken w/ WG Bun - Steamed Carrots - Celery Sticks w/ LC Ranch - Mixed Fruit ALTERNATE: Cold Ham w/ WG Bun	3/ BREAKFAST: Waffles w/ LC Syrup LUNCH: Crispos - Salsa - Toss Salad w/ LC Ranch - Orange ALTERNATE: Combo Sub w/ WG Bun	4/ BREAKFAST: Breakfast Power Bites LUNCH: Pancake Sausage Stick w/ LC Syrup, Hash Brown Patty, Gogurt Yogurt, Dragon Punch Veggie Juice - Applesauce Cup ALTERNATE: Cold Meat Sandwich w/ WG Bun	5/ BREAKFAST: Breakfast Bagel LUNCH: Bratwurst w/ WG Bun - Baked Beans - Carrot Sticks w/ LC Ranch - Diced Peaches ALTERNATE: Turkey Swiss Wrap	6/ BREAKFAST: Scrambled Egg & Toast LUNCH: Stuffed Crust Pizza - Marinara - Fresh Broccoli w/ LC Ranch - Raisels - Ice Cream ALTERNATE: Ham & Cheese w/ WG Bun	7/ 
8/	9/ 	10/ BREAKFAST: French Toast Stick w/ LC Syrup LUNCH: Walking Taco - Shredded Lettuce - Diced Tomatoes - Shredded Cheese - Frozen Fruit Cup ALTERNATE: Combo Sub w/ WG Bun	11/ BREAKFAST: Sausage Combo Link LUNCH: Chicken Drumstick - Mashed Potatoes - Corn - Diced Pears ALTERNATE: Cold Meat Sandwich w/ WG Bun	12/ BREAKFAST: Biscuits & Gravy LUNCH: Hot Dog w/ WG Bun - Baked Beans - Cucumber Slices w/ LC Ranch - Apple Slices ALTERNATE: Turkey Swiss Wrap	13/ BREAKFAST: Cinnamon Roll LUNCH: Cheesy Bites - Marinara - Romaine w/ LC Ranch - Pineapple Tidbits - Brookie	14/ 
15/	16/ BREAKFAST: Pop Tart LUNCH: Sloppy Joe w/ WG Bun - Smiley Fries - Dragon Punch Veggie Juice - Raisels ALTERNATE: Cold Ham w/ WG Bun	17/ BREAKFAST: Fruit Frudel LUNCH: Breaded Corn Dog - Carrot Sticks w/ LC Ranch - Toss Salad - Diced Peaches ALTERNATE: Combo Sub w/ WG Bun	18/ BREAKFAST: Mc J-Hawk Breakfast Sandwich LUNCH: Chicken Nuggets - Mac & Cheese - Fresh Broccoli w/ LC Ranch - Applesauce Cup ALTERNATE: Cold Meat Sandwich w/ WG Bun	19/ BREAKFAST: Mini Donuts LUNCH: Hot Ham & Cheese w/ WG Bun - Sun Chips - Baked Beans - Grape Tomatoes - Diced Pears ALTERNATE: Turkey Swiss Wrap	20/ BREAKFAST: Breakfast Pizza LUNCH: Pizza Round - Celery Sticks - Cucumber Slices w/ LC Ranch - Apple Slices - Sherbet ALTERNATE: Ham & Cheese w/ WG Bun	21/ 
22/	23/ BREAKFAST: Muffin LUNCH: Grilled Cheese - Tomato Soup - Celery Sticks w/ LC Ranch - Dragon Punch Veggie Juice - Orange ALTERNATE: Cold Ham w/ WG Bun	24/ BREAKFAST: Pancakes w/ LC Syrup LUNCH: Chicken Quesadilla - Salsa - Corn - Pineapple Tidbits ALTERNATE: Combo Sub w/ WG Bun	25/ BREAKFAST: Breakfast Bar LUNCH: Chicken Alfredo - Garlic Toast - Peas - Raisels ALTERNATE: Cold Meat Sandwich w/ WG Bun	26/ BREAKFAST: Yogurt Parfait LUNCH: Fish Sticks w/ Tartar Sauce - Baked Beans - Coleslaw - Apple Slices ALTERNATE: Turkey Swiss Wrap	27/ BREAKFAST: Mini Cinni LUNCH: Pizza Crunchers - Marinara - Romaine w/ LC Ranch - Frozen Fruit Cup - Cookie ALTERNATE: Ham & Cheese w/ WG Bun	28/ 
29/	30/ BREAKFAST: Snack Bread LUNCH: Breaded Chicken Patty w/ WG Bun - Mixed Veggies - Carrot Sticks w/ LC Ranch - Applesauce Cup ALTERNATE: Cold Ham w/ WG Bun	31/ BREAKFAST: Waffles w/ LC Syrup LUNCH: Beef Taco Stick - Shredded Lettuce - Diced Tomatoes - Diced Pears ALTERNATE: Combo Sub w/ WG Bun				

BREAKFAST options include cereal variety, oatmeal, toast, applesauce, fresh fruit, orange juice, apple juice, and grape juice

SALAD BAR offered for grades 5 - 12 daily. Items may include lettuce, fresh fruit and vegetables, canned fruits, diced egg, diced ham, pasta salad and yogurt

****MENUS ARE SUBJECT TO CHANGE****