

# OCTOBER 2019 BREAKFAST MENU

1/2 Pt. Included With All Meals

**FRUIT AND OR VEGETABLE SELECTION INCLUDED WITH ALL MEALS**

Menu Subject To Change

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
30 HAM LINKS STEAMED RICE  OR CEREAL CHOICE W/TOAST	1 BELGIAN WAFFLE W / SYRUP GRAPE JUICE  OR CEREAL CHOICE W/TOAST	2 MAPLE PANCAKE WRAP ORANGE JUICE  OR CEREAL CHOICE W/TOAST	3 FRUIT SMOOTHIE CINNAMON TOAST  OR CEREAL CHOICE W/TOAST	4 KALUA QUESADILLA  OR CEREAL CHOICE W/TOAST	WK3
7 FALL BREAK	8 FALL BREAK	9 FALL BREAK	10 FALL BREAK	11 FALL BREAK	WK4
14 PEPPERONI PIZZA POCKET  OR CEREAL CHOICE W/TOAST	15 PORK SAUSAGE LINKS STEAMED RICE  OR CEREAL CHOICE W/TOAST	16 PIG IN A BLANKET (HAM LINK) APPLE JUICE  OR CEREAL CHOICE W/TOAST	17 COFFE CAKE YOGURT, ORANGE JUICE  OR CEREAL CHOICE W/TOAST	18 PORTUGUESE SAUSAGE FRIED RICE, GRAPE JUICE  OR CEREAL CHOICE W/TOAST	WK5
21 PIZZA BAGEL  OR CEREAL CHOICE W/TOAST	22 PORTUGUESE SAUSAGE STEAMED RICE  OR CEREAL CHOICE W/TOAST	23 PLAIN BAGEL W / CREAM CHEESE PORK LINKS, APPLE JUICE  OR CEREAL CHOICE W/TOAST	24 BREAKFAST CHICKEN PATTY W / GRAVY, GRAPE JUICE  OR CEREAL CHOICE W/TOAST	25 CINNOMON ROLL YOGURT  OR CEREAL CHOICE W/TOAST	WK6
28 TEACHERS COLLABORATION DAY NO SCHOOL	29 PLAIN BAGEL W/CREAM CHEESE HAM LINK  OR CEREAL CHOICE W/TOAST	30 PANCAKES W/SYRUP  OR CEREAL CHOICE W/TOAST	31 BANANA BREAD YOGURT, ORANGE JUICE  OR CEREAL CHOICE W/TOAST	1 SOUTHERN PORK LINKS STEAMED RICE, GRAPE JUICE  OR CEREAL CHOICE W/TOAST	WK1

**USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER**

# OCTOBER 2019 LUNCH MENU

1/2 Pt. Included With All Meals

**FRUIT AND OR VEGETABLE SELECTION INCLUDED WITH ALL MEALS**

Menu Subject To Change

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
30 CHICKEN TENDERS, STEAMED RICE VEGGIE STICKS  <b>SALAD BAR, FRUIT CHOICE</b>	1 CORN DOG, POTATO WEDGE VEGGIE STICKS W / HUMMAS  <b>SALAD BAR, FRUIT CHOICE</b>	2 CHILI STEAMED RICE  <b>SALAD BAR, FRUIT CHOICE</b>	3 MEATLOAF W / GRAVY STEAMED RICE STEAMED BROCCOLI & CARROTS <b>SALAD BAR, FRUIT CHOICE</b>	4 PEPPERONI PIZZA, ORANGE JUICE VEGGIE STICKS, EDAMAME  <b>SALAD BAR, FRUIT CHOICE</b>	WK3
7  <b>FALL BREAK</b>	8  <b>FALL BREAK</b>	9  <b>FALL BREAK</b>	10  <b>FALL BREAK</b>	11  <b>FALL BREAK</b>	WK4
14 BBQ PORK SANDWICH SPIRAL FRIES, COLESLAW  <b>SALAD BAR, FRUIT CHOICE</b>	15 HAMBURGER STEAK W / GRAVY STEAMED RICE  <b>SALAD BAR, FRUIT CHOICE</b>	16 VEGETARIAN PIZZA VEGGIE STICKS  <b>SALAD BAR, FRUIT CHOICE</b>	17 ASIAN STYLE CHICKEN, RICE EDAMAME, CARROTS, APPLE WEDGE <b>SALAD BAR, FRUIT CHOICE</b>	18 SWEET & SOUR PORK EDAMAME, GRAPE JUICE  <b>SALAD BAR, FRUIT CHOICE</b>	WK5
21 HAMBURGER, POTATO WEDGE VEGGIE STICKS, HUMMUS  <b>SALAD BAR, FRUIT CHOICE</b>	22 CHICKEN PATTIE W / GRAVY BROCCOLI, CARROTS, APPLE WEDGE <b>SALAD BAR, FRUIT CHOICE</b>	23 CREOLE MACARONI VEGGIE STICKS  <b>SALAD BAR, FRUIT CHOICE</b>	24 CHICKEN BROCCOLI STEAMED RICE & CARROTS  <b>SALAD BAR, FRUIT CHOICE</b>	25 TURKEY PASTRAMI SANDWICH VEGGIE STICKS, EDAMAME  <b>SALAD BAR, FRUIT CHOICE</b>	WK6
28 <b>TEACHERS COLLABORATION DAY NO SCHOOL</b>	29 CHICKEN TENDERS, STEAMED RICE CORN, STEAMED BROCCOLI  <b>SALAD BAR, FRUIT CHOICE</b>	30 CHEESE PIZZA EDAMAME, CARROTS  <b>SALAD BAR, FRUIT CHOICE</b>	31 SLOPPY JOE VEGGIE STICKS, BAKED BEANS  <b>SALAD BAR, FRUIT CHOICE</b>	1 CHICKEN PASTA FLORENTINE BREAD ROLL  <b>SALAD BAR, FRUIT CHOICE</b>	WK1

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