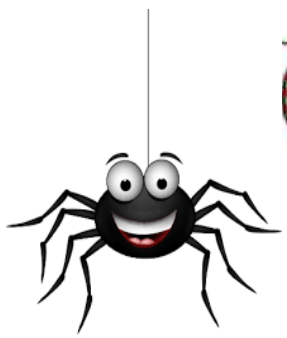




October



Kalmiopsis 2019 Menu

"Brookings-Harbor school district is an equal opportunity provider"

Breakfast \$0

Menu subject to change

Lunch \$0

	1	2	3	4
	Apple Fruddlal Mac and Cheese with roll	Bagelful Chicken on A Bun	French Toast Bites Sweet and Sour Meatball Over Rice	WG Poptart w/cheese stx Ham Sandwich with chips
7	8	9	10	11
Breakfast bar w/cheese stx Corndog	Cinnamon Roll Mini's Personal Pizza	Breakfast Burrito Chili Mac W/Roll	Pancake on a Stick Zesty Pork on Bun	Muffin w/cheese stx Turkey Trojan sandwich with chips <i>*Homecoming Game!</i>
14	15	16	17	18
Yogurt n' Grahams Dino nuggets with roll	Apple Fruddlal Cheesy Quesadilla	Bagelful Meaty Spaghetti with roll	French Toast Bites Fish Sticks With roll	WG Poptart w/cheese stx Egg Sandwich with Chips
21	22	23	24	25
Breakfast bar w/cheese stx Hamburger	Cinnamon Roll Mini's Personal Pizza	Breakfast Burrito Chicken Tortellini	Pancake on a Stick Hot Dog	Muffin w/cheese stx Tuna Salad Sandwich with chips
28	29	30	31	
Yogurt n' Grahams Monte Cristo	Apple Fruddlal Bean and Cheese Burrito	Bagelful Super Nacho	French Biting Toast Hamburger Soup with Roll	

2 SALAD bars
Includes but not limited to;
variety of fruits, vegetables,
legumes, cheese, salads,
dressings, sauces, and condiments
*Look for Garden fresh veggies right
from our own school gardens!*

- *LETTUCE
- *PEAS
- *CUCUMBER
- *BELL PEPPER
- *TOMATOES

