
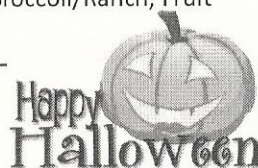


Monday	Tuesday	Wednesday	Thursday	Friday
B-Chik & Bisc, Yogurt Cup 30 Fruit, Juice L-Mac & Cheese, Smokies Mixed Veggies, Roll Fruit Fruit	B - Sausage, Egg, Biscuit, 1 Jelly, Fruit, Juice L - Steakfingers, Gravy Mashed Potatoes, Green Beans, Roll, Fruit	B - Banana Square, Smokies Fruit, Juice L - BBQ Sandwich, Chips Carrot Sticks, Ranch Fruit	B -Breakfast Pizza 3 Smokies, Fruit, Juice L -Taco Salad, Spanish Rice, Pinto Beans, Salsa, Fruit	B - Yogurt Parfait, Fruit Juice L - Chicken Pot Pie Steamed Broccoli, Roll Fruit
B - Chicken & Biscuit, 7 Hash brown, Fruit, Juice L - Pork Chop, Pasta Salad Green Beans, Roll, Fruit	B-Combo Bar, Toast 8 Fruit, Juice L-Homemade Chili Dogs, Salad/Ranch, Broccoli, Chips, Fruit	B - Long John's, Cheese Stix 9 Applesauce, Juice L-Lasagna, Green Salad Garlic Bread, Fruit	B - Cereal, Toast 10 Fruit, Juice L - Pot Roast, Potatoes & Carrots, Roll, Fruit,	11 NO SCHOOL
B - French Toast, 14 S. Link, Syrup, Fruit, Juice L - Baked Chicken, Mashed Potatoes, Roll Cooked Carrots, Fruit	15 FALL BREAK 	16	17	18 NO SCHOOL
B - Sausage, Egg, 21 Biscuit, Fruit, Juice L -Chicken & Waffles, Mixed Veggies, Roll , Fruit	B- Cowboy Bread 22 Smokies, Fruit, Juice L- Beef Vegetable Soup, Crackers, Cheese Sticks, Salad/Ranch, Fruit	B - Pancake on a Stick 23 Syrup, Fruit, Juice L-Meatball Sub, Broccoli & Cheese, Chips, Fruit	B - Breakfast Burrito 24 Fruit, Juice L - Ham & Cheese Sand. Chips, Salad/Ranch, Baked Zucchini , Fruit	B - Cereal, Toast, 25 Fruit, Juice L - BBQ Rib, Au Gratin Potatoes, Green Beans, Roll, Fruit
B - Oatmeal, Toast 28 Yogurt Cup, Fruit, Juice L- Taco's, Refried Beans, Chips & Salsa, Fruit	B- Sausage, Biscuit, 29 Gravy, Fruit L-Cheeseburgers, Lettuce Tomato, Pickle, Fries Fruit	B-Danish, Cheese Sticks 30 Fruit L-Chicken Alfredo, Cooked Carrots, Roll, Fruit	B- Cereal, Toast, Juice 31 L- Homade Pizza, Broccoli/Ranch, Fruit	★ OFFER VS SERVE IS 3RD - 6TH GRADE LUNCH ONLY @ ELEMENTARY SITE Offer VS Serve - You MUST take 3 of the 5 items Offered.

MENU
SUBJECT TO
CHANGE
WITHOUT
NOTICE

Flexibility on the
NEW RULE for
Child Nutrition
1) Flavored low fat
milk is now offered
2) 1/2 of grains
must be whole
3) Sodium levels
reduced.

★ This institution is an equal opportunity provider



→ Dairy, Protein, Grains
Vegetables, Fruit