


OCTOBER 2019

MISSOURI VALLEY ELEMENTARY BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
|  | 1 Pancakes/Syrup Cereal Fruit/Juice Milk | 2 Breakfast Bites Cereal Fruit/Juice Milk | 3 Sausage Gravy/Biscuit Cereal Fruit/Juice Milk | 4 Cereal Teddy Grahams Fruit/Juice Milk |
| 7 Cereal Graham Crackers Fruit/Juice Milk | 8 Mini Donuts Cereal Fruit/Juice Milk | 9 Omelet/Sausage Patty Cereal Fruit/Juice Milk | 10 Apple Strudel Cereal Fruit/Juice Milk | 11 Cereal Teddy Graham Fruit/Juice Milk |
| 14 Cereal Goldfish Crackers Fruit/Juice Milk | 15 Scramble Eggs/Sausage Cereal Fruit/Juice Milk | 16 French Toast Sticks/Syrup Cereal Fruit/Juice Milk | 17 Sausage Gravy/Biscuit Cereal Fruit/Juice Milk | 18 Cereal Graham Crackers Fruit/Juice Milk |
| 21 Cereal Teddy Grahams Fruit/Juice Milk | 22 Egg Patty/Sausage Patty Cereal Fruit/Juice Milk | 23 French Toast Sticks Cereal Fruit/Juice Milk | 24 Muffin Cereal Fruit/Juice Milk | 25 Cereal Graham Crackers Fruit/Juice Milk |
| 28 Cereal Gold Fish Crackers Fruit/Juice Milk | 29 Breakfast Bites/syrup Cereal Fruit/Juice Milk | 30 Breakfast Pizza Cereal Fruit/Juice Milk | 31 Sausage Gravy/Biscuit Cereal Fruit/Juice Milk | |


October 2019

MISSOURI VALLEY ELEMENTARY SCHOOL LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
|  | 1 Cheese Burger/Bun 33g Tomatoes5g Banana30g Milk 11g Alt:Chicken Salad Sand. 34g | 2 Nacho's/Taco Meat/Chz 8g Lettuce2g/Romaine2g Pears 20g Milk 11g Alt: Soft Taco 16g | 3 Big Red Rib/Bun 50g Baked Beans 24 Pineapple19g Milk 11g Alt: Turkey/Cheese/Bun 38g | 4 Popcorn Chicken 18g Corn17g Apples34g Milk 11g Alt: Grilled Cheese 29g |
| 7 Orange Chicken/Sauce 18g Broccoli 8g Peaches 14g Milk 11g Alt: Ham/Turkey/Chz/Bun40g | 8 Feistada Pizza 38g Lettuce 2g Banana30 Milk 11g Alt: Three Meat Calzones33g | 9 Chicken Strips 12g Cucumbers2g Strawberries33g Milk 11g Alt: Chicken Tatar tot Casserole | 10 Pork Patty 17g Mashed Potatoes/Gravy42g Pears20g Biscuit 35g Milk 11g Alt: Meatloaf 15g | 11 Teriyaki Chicken/Bun 33g Green Beans 4g Applesauce23g Milk 11g Alt: Tuna Salad Sandwich 33g |
| 14 Pepperoni Pizza 35g Broccoli 8g Pears20g Milk 11g Alt: Cheese Pizza 46g | 15 Mac & Cheese 46g Carrots8g Banana 30g Milk 11g Alt: BBQ Pork/Bun 30g | 16 Soft Taco 16g Lettuce 2g/Romaine2g Grapes23g Milk 11g Alt: Taco Baked Potato43g | 17 Hot Dog/Bun/Chili/Chz32g Hash brown Patty 12g Apples34g Milk 11g Alt: Chx Chz Cripitos 22g | 18 Chicken Nuggets 14g Green Beans 4g Oranges19g Milk 11g Alt: Tuna Salad Sandwich 33g |
| 21 Chicken Patty/Bun 48g Tatar Tots 12g Peaches 14g Milk 11g Alt: Hot Ham Chz/Bun 38g | 22 Chili w/crackers 34g Carrots 7g Banana 30g Milk 11g Alt: Ham/Potato/Soup | 23 Mini Corn Dogs 26g Corn17g Applesauce 23g Milk 11g Alt: Crispy Chx Wrap 25g | 24 Lasagna 17g Lettuce 2g/Romaine 2g Mix Fruit 15g Breadstick 14g Milk 11g Alt: Egg Salad 28g | 25 Sloppy Joe/Bun 30g Baked Beans29g Apples34g Milk 11g Alt:Chx Fried Steak Sand. 47g |
| 28 Grilled Chicken/Bun 34g Tomatoes5g Pineapple19g Milk 11g Alt: Grilled Chz/Tomato Soup | 29 Pasta w/Meat Sauce 32g Cheese Bread Stick 30g Lettuce2g/Romaine2g Banana 30g Milk 11g Alt Chx Alfredo 46g | 30 Cheese Pizza 46g Celery 1g Peaches 14g Milk 11g Alt: Pepperoni Pizza 35g | 31 BBQ Pork/Bun 30g Baked Beans 29g Mixed Fruit 15g Milk 11g Alt: Corn Dog w/Stick 21g | |

OCTOBER 2019

MISSOURI VALLEY MIDDLE/HIGH SCHOOL BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
|  | 1 Muffin Or Cereal Bar Cereal Fruit/Juice Milk | 2 Pancakes/Syrup Or Cereal Bar Cereal Fruit/Juice Milk | 3 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk | 4 Breakfast Pizza Or Cereal Bar Cereal Fruit/Juice Milk |
| 7 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 8 Omelet/Sausage Patty Or Cereal Bar Cereal Fruit/Juice Milk | 9 Muffin Or Cereal Bar Cereal Fruit/Juice Milk | 10 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk | 11 French Toast Sticks/Syrup Or Cereal Bar Cereal Fruit/Juice Milk |
| 14 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 15 Egg Patty/Sausage Patty Biscuit Or Cereal Bar Cereal Fruit/Juice Milk | 16 Muffin Or Cereal Bar Cereal Fruit/Juice Milk | 17 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk | 18 Breakfast Bites Or Cereal Bar Cereal Fruit/Juice Milk |
| 21 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 22 Scramble Eggs Sausage Patty Or Cereal Bar Cereal Fruit/Juice Milk | 23 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 24 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk | 25 Cinn. Toast Crunch Bar Or Cereal Bar Cereal Fruit/Juice Milk |
| 28 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 29 Breakfast Burrito Or Cereal Bar Cereal Fruit/Juice Milk | 30 Muffins Or Cereal Bar Cereal Fruit/Juice Milk | 31 Sausage gravy/biscuits Or Cereal Bar Cereal Fruit/Juice Milk | |

October 2019

MISSOURI VALLEY MIDDLE/HIGH SCHOOL LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
|  | 1 Cheese Burger/Bun 33g Tomatoes5g/Celery1g Banana30g/Mixed Fruit 15g Milk 11g Alt:Chicken Salad Sand. 34g | 2 Nacho's/Taco Meat/Chz 8g Lettuce2g/Romaine2g Grapes23g/Pears 20g Milk 11g Alt: Soft Taco 16g | 3 Big Red Rib/Bun 50g French Fries28g/Baked Beans 24 Pineapple19g/Apples34g Milk 11g Alt: Turkey/Cheese/Bun 38g | 4 Popcorn Chicken 18g Carrot8g/Corn17g Apples34g/Oranges19g Milk 11g Alt: Grilled Cheese 29g |
| 7 Orange Chicken/Sauce 18g Broccoli 8g/Rice Peaches 14g/Apples34g Milk 11g Alt: Ham/Turkey/Chz/Bun40g | 8 Feistada Pizza 38g Lettuce 2g/Carrots8g Banana30/MandarinOranges23 Milk 11g Alt: Three Meat Calzones33g | 9 Chicken Strips 12g Peppers 3g/Cucumbers2g Strawberries33/Pineapple19 Milk 11g Alt: Chicken Tatar tot Casserole | 10 Pork Patty 17g Mashed Potatoes/Gravy42g Pears20g/Apples34g Biscuit 35g Milk 11g Alt: Meatloaf 15g | 11 Teriyaki Chicken/Bun 33g Green Beans 4g/Celery 1g Applesauce23g/Oranges19g Milk 11g Alt: Tuna Salad Sandwich 33g |
| 14 Pepperoni Pizza 35g Broccoli 8g/Peppers3g Apples 34g/Pears20g Milk 11g Alt: Cheese Pizza 46g | 15 Mac & Cheese 46g Carrots8g/Cucumbers2g Banana 30g/Pineapple19g Milk 11g Alt: BBQ Pork/Bun 30g | 16 Soft Taco 16g Lettuce 2g/Romaine2g Peaches 14g/Grapes23g Milk 11g Alt: Taco Baked Potato43g | 17 Hot Dog/Bun/Chili/Chz32g Hash brown Patty 12g Apples34g/Oranges19g Milk 11g Alt: Chx Chz Cripitos 22g | 18 Chicken Nuggets 14g Tomatoes 5g/Broccoli8g Applesauce23g/Oranges19g Milk 11g Alt: Tuna Salad Sandwich 33g |
| 21 Chicken Patty/Bun 48g Tatar Tots 12g/Broccoli 8g Pears 20g/Apples34g Milk 11g Alt: Hot Ham Chz/Bun 38g | 22 Chili w/crackers 34g Carrots 7g/Celery1g Banana 30g/Peaches14g Milk 11g Alt: Ham/Potato/Soup | 23 Mini Corn Dogs 26g Corn17g/Peas 10g Applesauce 23g/Grapes23g Milk 11g Alt: Crispy Chx Wrap 25g | 24 Lasagna 17g Lettuce 2g/Romaine 2g Oranges19g/Mix Fruit 15g Breadstick 14g Milk 11g Alt: Egg Salad 28g | 25 Sloppy Joe/Bun 30g Baked Beans29g/Peppers3g Apples34g/Oranges19g Milk 11g Alt:Chx Fried Steak Sand. 47g |
| 28 Grilled Chicken/Bun 34g Tomatoes5g/Carrots7g Pineapple19g/Apples34g Milk 11g Alt: Grilled Chz/Tomato Soup | 29 Pasta w/Meat Sauce 32g Cheese Bread Stick 30g Lettuce2g/Romaine2g Banana 30g/Pears20g Milk 11g Alt Chx Alfredo 46g | 30 Garlic Cheese Bread 28g Celery 1g/Cucumbers 2g Grapes 23g/Peaches 14g Milk 11g Alt: Pepperoni Pizza 35g | 31 BBQ Pork/Bun 30g Baked Beans 29g/Broccoli 8g Mixed Fruit 15g/ Oranges 19g Milk 11g Alt: Corn Dog w/Stick 21g | |

This Institution is an Equal Opportunity Provider