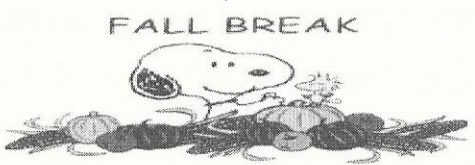


Monday	Tuesday	Wednesday	Thursday	Friday
B - Chik & Bisc, Cereal <b>30</b> Yogurt Cup, Fruit, Juice L-Mac & Cheese, Smokies Mixed Veggies, Blackeye Peas,Roll, Fruit	B - Sausage, Egg, Biscuit, <b>1</b> Jelly, Fruit, Juice,Cereal L - Steakfingers, M. Potatoes, Green Beans, Roll, Fruit	B-Banana Squares, Cereal <b>2</b> Smokies, Juice, Fruit L- BBQ Sandwich, Chips, Slaw, Carrot Sticks Ranch Dressing, Fruit	B-Breakfast Pizza <b>3</b> Fruit, Juice,Cereal L -Taco Salad, Pinto Beans Spanish Rice, Chips & Salsa Fruit	B - Yogurt Parfait, Fruit <b>4</b> Juice,Cereal L - Chicken Pot Pie Steamed Broccoli, Salad Fruit
B - Chik & Bisc, Cereal <b>7</b> Hash brown, Fruit,Juice L - Pork Chop, Pasta Salad Roasted Zucchinni,Squash Roll, Fruit	B-Combo Bar, Toast <b>8</b> Fruit, Juice,Cereal L- Homemade Chili Dogs, Slaw, Broccoli/Ranch, Chips,Fruit	B - Long John's, Cereal <b>9</b> Cheese Stick,Juice,Fruit L - Lasagna, Garlic Bread,Green Beans Italian Salad, Fruit	B - Oatmeal, Toast <b>10</b> Fruit, Juice,Cereal L - Pot Roast, Potatoes, Carrots, Roll, Fruit, Fruit Crisp	<b>11</b> <b>NO SCHOOL</b>
B - French Toast,S. Link <b>14</b> Syrup,Fruit,Juice,Cereal L - Baked Chicken, Mashed Potatoes,Roll Cooked Carrots,Fruit	<b>15</b>  <b>FALL BREAK</b>	<b>16</b>	<b>17</b>	<b>18</b>
B - Sausage,Egg, <b>21</b> Biscuit, Fruit, Juice,Cereal L -Chicken & Waffles, Cheesy Broccoli Green Beans, Fruit	B- Banana Squares <b>22</b> Smokies,Fruit, Juice,Cereal L- Beef Vegetable Soup, Crackers, Cheese Sticks, Salad/Ranch, Fruit	B - Pancake on a Stick <b>23</b> Syrup, Fruit, Juice,Cereal L-Meatball Sub, Coleslaw Pinto Beans, Chips, Fruit	B - Breakfast Burrito <b>24</b> Fruit, Juice,Cereal L - Sweet & Sour Chicken, Brown Rice, Steamed Brocc Stir Fry Veggies, Fruit	B - Biscuit & Gravy, Jelly <b>25</b> Fruit, Juice,Cereal L - Pork Roast, Au Gratin Potatoes, Cooked Carrots, Roll, Fruit
B - Oatmeal,Cereal,Toast <b>28</b> Yogurt Cup, Fruit, Juice L- Taco's,Refried Beans, Chips & Salsa, F Pickled Carrots, Fruit	B- Sausage, Biscuit, <b>29</b> Gravy, Fruit,Juice,Cereal L-Cheeseburgers, Lettuce Tomato, Pickle, Fries Baked Beans, Fruit	B-Danish, Cheese Sticks <b>30</b> Fruit,Juice,Cereal L-Chicken Alfredo, Cooked Carrots, Side Salad, Roll, Fruit	Breakfast Taco Fruit, Juice,Cereal L- Homemade Pizza,Salad Broccoli,Cauliflower Ranch, Fruit	

Menu Subject  
To Change  
Without Notice

**Fresh & Can Fruit**  
**Provided Daily**

Salad Bar provided  
at Jr. High/High  
School.

**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.

**Offer VS Serve -**  
You **MUST** take 3  
of the 5 items  
Offered.



Dairy,Protien, Grains  
Vegetables, Fruit

