

Breakfast Price Reduced \$.30 Paid \$2.50

OCTOBER 2019 Breakfast & Lunch Menu

Lunch Price Reduced \$.40 Paid \$3.50

PLEASE PROVIDE MEDICAL DOCUMENTATION OF FOOD ALLERGIES

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 PORK PANCAKE SAUSAGE WRAP GRAPE JUICE APPLE MILK CHOICE CHICKEN FRIED STEAK MASHED POTATOES GRAVY BABY CARROTS WHEAT BREAD PEARS MILK CHOICE	1 CEREAL BAR BANANA YOGURT GRAPE JUICE MILK CHOICE BAKED ZITI & BEEF MEAT SAUCE MIXED GREEN SALAD GARNISH GRATED CHEESE WHOLE GRAIN ROLL RANCH DRESSING LF MANDARIN ORANGES MILK CHOICE	2 SUPER BUN CHILLED PEARS ORANGE JUICE MILK CHOICE SOFT CHICKEN TACOS PINTO BEANS SALSA WHOLE WHEAT FLOUR TORTILLA BANANA MILK CHOICE	3 WHOLE GRAIN SOFT FILLED BAR PINEAPPLE APPLE JUICE MILK CHOICE PORK BBQ ON WW BUN CORN SALAD RANCH DRESSING APPLE MILK CHOICE	4 FRUDEL MANDARIN ORANGES ORANGE JUICE MILK CHOICE HAMBURGER ON WW BUN CHEESE SLICE FRIES MUSTARD AND/OR KETCHUP CHILLED PINEAPPLE MILK CHOICE
7 CINNAMON MINI PULL APARTS GRAPE JUICE APPLESAUCE MILK CHOICE WHOLE GRAIN CHICKEN PATTY GREEN BEANS BABY CARROTS W/ DRESSING WW HAMBURGER BUN MAYONNAISE PEARS MILK CHOICE	8 SUPER DONUT BANANA ORANGE JUICE SKIM CHICKEN TACO NACHOS SALSA SHREDDED CHEESE CORN TORTILLA CHIPS APPLE MILK CHOICE	9 CEREAL APPLE APPLE JUICE MILK CHOICE TURKEY HOT DOG FRIES KETCHUP WHOLE WHEAT BUN MANDARIN ORANGES MILK CHOICE	10 WHOLE GRAIN POP TARTS PEACHES GRAPE JUICE MILK CHOICE CHICKEN NUGGETS BAKED BEANS KETCHUP PEACHES WHOLE WHEAT BREAD MILK CHOICE	11 MINI WAFFLES APPLE MANDARIN ORANGES SYRUP MILK CHOICE SAPHETTI WITH BEEF MEAT SAUCE SALAD WHOLE GRAIN ROLL RANCH DRESSING LF APPLESAUCE MILK CHOICE
14 MIMI BAGEL PULL-APARTS GRAPE JUICE APPLE MILK CHOICE GRILLED CHICKEN ON WW BUN BAKED BEANS COOL TROPICS VEGETABLE SLUSH PEACHES BBQ SAUCE MILK CHOICE	15 FRUDEL PINEAPPLE ORANGE JUICE MILK CHOICE FRITO CHILI PIE (beef) CORN APPLE SHREDDED CHEESE SKIM MILK	16 WHOLE GRAIN FRENCH TOAST STICKS MANDARIN ORANGES APPLE JUICE MILK CHOICE CHEESY CHICKEN PASTA BROCCOLI WG ROLL BANANA MILK CHOICE	17 WHOLE GRAIN POP TARTS BANANA GRAPE JUICE MILK CHOICE CHICKEN SAUSAGE PATTY POTATO WEDGES WW FRENCH TOAST MANDARIN ORANGES SYRUP KETCHUP MILK CHOICE	18 WG BISCUIT YOGURT PINEAPPLE ORANGE JUICE MILK CHOICE CHEESE STUFFED BREADSTICK MARINARA SAUCE TOSSED SALAD PINEAPPLE FF RANCH DRESSING PINEAPPLE MILK CHOICE
21 PORK PANCAKE SAUSAGE WRAP GRAPE JUICE APPLE MILK CHOICE CHICKEN FRIED STEAK MASHED POTATOES GRAVY BABY CARROTS WHEAT BREAD PEARS MILK CHOICE	22 CEREAL BAR BANANA YOGURT GRAPE JUICE MILK CHOICE BAKED ZITI & BEEF MEAT SAUCE MIXED GREEN SALAD GARNISH GRATED CHEESE WHOLE GRAIN ROLL RANCH DRESSING LF MANDARIN ORANGES MILK CHOICE	23 SUPER BUN CHILLED PEARS ORANGE JUICE MILK CHOICE SOFT CHICKEN TACOS PINTO BEANS SALSA WHOLE WHEAT FLOUR TORTILLA BANANA MILK CHOICE	24 WHOLE GRAIN SOFT FILLED BAR PINEAPPLE APPLE JUICE MILK CHOICE PORK BBQ ON WW BUN CORN SALAD RANCH DRESSING APPLE MILK CHOICE	25 FRUDEL MANDARIN ORANGES ORANGE JUICE MILK CHOICE HAMBURGER ON WW BUN CHEESE SLICE FRIES MUSTARD AND/OR KETCHUP CHILLED PINEAPPLE MILK CHOICE
28 CINNAMON MINI PULL APARTS GRAPE JUICE APPLESAUCE MILK CHOICE WHOLE GRAIN CHICKEN PATTY GREEN BEANS BABY CARROTS W/ DRESSING WW HAMBURGER BUN MAYONNAISE PEARS MILK CHOICE	29 SUPER DONUT BANANA ORANGE JUICE SKIM CHICKEN TACO NACHOS SALSA SHREDDED CHEESE CORN TORTILLA CHIPS APPLE MILK CHOICE	30 CEREAL APPLE APPLE JUICE MILK CHOICE TURKEY HOT DOG FRIES KETCHUP WHOLE WHEAT BUN MANDARIN ORANGES MILK CHOICE	31 ***** No School ***** ***** Fall Break ***** ***** No School ***** ***** Fall Break *****	Nov 1 ***** No School ***** ***** Fall Break ***** ***** No School ***** ***** Fall Break *****

Free and reduced meal applications are available online at ezmealapp.com or contact the school Nutrition Department
 School meals are catered daily by J&F Foods

EZSchoolpay.com allows you to monitor student meal activity, pay for meals and other school fees by debit or credit card for a small 3% convenience fee. Checks and money orders accepted in the school office. NSF checks are reported to **Check Alert**. NO CASH ACCEPTED. Please contact the Nutrition Department with any concerns.
 MENU SUBJECT TO CHANGE BASED ON AVAILABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER