




October 2019 Merrilan Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SKIPPING INTO FALL! 	1 BREAKFAST English Muffin Sausage Patti Sandwich or Cereal LUNCH Hot Ham/Cheese on a Croissant or Breaded Pork Patti on a Bun Veggie Pasta Salad	2 BREAKFAST Combo Bar or Cereal with Toast LUNCH Ranch Chicken Wrap or Buffalo Chicken Wrap Baked Beans Sun Chips	3 BREAKFAST Cheese Omelet or Cereal with Toast LUNCH Tator tot Hotdish or Cheeseburger Macaroni Bread and Butter	4 BREAKFAST Powdered Sugar Donut Holes or Cereal w/Cheese Stick LUNCH Individual Round Pizza or Cold Ham/Ch Sandwich Steamed Corn
7 BREAKFAST Scrambled Eggs or Cereal with Toast LUNCH BBQ on a Bun or Grilled Cheese Baked Beans	8 BREAKFAST French Toast Bites or Cereal with Yogurt Cup LUNCH Meatballs and Gravy or Chicken Strips Mashed Potatoes Bread and Butter	9 BREAKFAST Breakfast Bagel Pizza or Cereal LUNCH Hot Beef or Breaded Chicken Patti on a Bun Doritos Sidekick Juice	10 BREAKFAST Apple Cinnamon Muffin or Cereal w/Cheese Stick LUNCH Chicken Quesadilla or Spicy Chicken on a Bun Tortilla Chips Cuban Black Bean Dip	11 BREAKFAST Pancake on a Stick or Cereal with Toast LUNCH Cheese Stuffed Bread Stick or Uncrustable w/Ch Stick Marinara Sauce Steamed Broccoli
14 NO SCHOOL NATIONAL SCHOOL LUNCH WEEK! www.jacksoninaction.org	15 BREAKFAST Combo Bar or Cereal with Toast LUNCH Mandarin Orange Chicken Seasoned Rice Stir Fry Vegetables Fortune Cookie	16 BREAKFAST Banana Bread or Cereal LUNCH Spaghetti Meat Sauce or Chicken Alfredo Spiral Pasta Garlic Toast	17 BREAKFAST Fruit/Yog Parfait or Cereal w/Giant Goldfish Grahams LUNCH Chicken Nuggets or Meat Loaf with Gravy Mashed Potatoes Bread and Butter	18 BREAKFAST Strawberry Blast Pancakes or Cereal with Cheese Stick LUNCH Pizza or Cold Meat/Cheese Sandwich HOORAY SIDEKICK JUICE

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21 BREAKFAST Breakfast Burrito or Cereal with Toast LUNCH Grilled Chicken on a Bun or Grilled Cheese Baked Beans	22 BREAKFAST Bagel with Cr Cheese or Cereal w/Fruit Yogurt Cup LUNCH Deli Sub Sandwich or BBQ Rib Patti on a Bun Baked Chips	23 BREAKFAST Oatmeal or Cereal with Cinnamon Toast LUNCH Breaded Pork Patti or Pop Corn Chicken Stuffing Bread and Butter	24 BREAKFAST Blueberry Muffin or Cereal with Cheese Stick LUNCH Hot Dog on a Bun or Uncrustable Macaroni and Cheese	25 BREAKFAST Pancake on a Stick or Cereal with Toast LUNCH Cheese Burger or Fish Patti on a Bun Seasoned Wedges
28 BREAKFAST Frosted Cinnamon Roll or Cereal with Cheese Stick LUNCH Lasagna Rollup with Garlic Toast or Grilled Ham and Cheese	29 BREAKFAST Combo Bar or Cereal with Toast LUNCH Chicken Nuggets or Mini Corn Dogs Baked Beans	30 BREAKFAST Breakfast Egg Sandwich or Cereal with Toast LUNCH Texas BBQ Pork or Breaded Chicken Patti on a Bun Seasoned Twister Fries	31 BREAKFAST Zucchini Bread or Cereal   LUNCH Philly Cheese Steak or Loaded Turkey Sub Sun Chips Eeek Sidekick Juice	Nov. 1 BREAKFAST Breakfast Pizza or Cereal with Toast LUNCH Pizza or Cold Meat and Cheese on a Bun Steamed Broccoli

100 % Juice Options Available - Apple, Orange, Grape

All meals are served with 8 oz of milk: non-fat chocolate, 1% low fat, or non-fat white milk.

Breakfast Cereal Options Available - low in sugar, cocoa puffs, frosted
 Fresh fruit and vegetable selections

Protein such as yogurt or a cheese stick

GARDEN BAR IS STILL INCLUDED WITH THE MEAL OPTIONS: MANY VARIETES OF FRESH FRUITS
 AND VEGETABLES TO SELECT FROM TO COMPLIMENT YOUR MEAL.

This institution is an equal opportunity provider.