

OCTOBER | 2019



St. Louis school menu: Breakfast is served w/fruit & milk. Lunch is served w/2 fruits & milk and fresh Vegetables along with a tossed salad. MENU SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>1 Whole grain chicken Nuggets Breadstick Corn</p> <hr/> <p>BREAKFAST Cereal & nutri grain bar</p>	<p>2 taco wedges carrots</p> <hr/> <p>BREAKFAST Apple frudel strudel</p>	<p>3 Meatball sub Broccoli</p> <hr/> <p>BREAKFAST Bagel w/butter</p>	<p>4 Whole grain cheese Pizza Baked beans</p> <hr/> <p>BREAKFAST Biscuit w/butter & jelly</p>
<p>7 5" round pepperoni Pizza Carrots</p> <hr/> <p>BREAKFAST Iced cinnamon roll</p>	<p>8 Turkey & gravy Mashed potatoes Dinner roll, corn</p> <hr/> <p>BREAKFAST poptart</p>	<p>9 whole grain home style breaded chicken patty on bun baked beans</p> <hr/> <p>BREAKFAST Cherry frudel strudel</p>	<p>10 French toast Sausage link Hash brown, O.J.</p> <hr/> <p>BREAKFAST Donut holes</p>	<p>11 Stuffed crust dippers w/sauce green beans</p> <hr/> <p>BREAKFAST Texas toast</p>
<p>14 FALL BREAK! NO SCHOOL</p>	<p>15 FALL BREAK! NO SCHOOL</p>	<p>16 FALL BREAK! NO SCHOOL</p>	<p>17 FALL BREAK! NO SCHOOL</p>	<p>18 FALL BREAK! NO SCHOOL</p>
<p>21 Biscuit, egg & cheese Omelet Sausage patty, O.J. Hash brown</p> <hr/> <p>BREAKFAST French toast</p>	<p>22 Chili dog on bun Broccoli Birthday day!</p> <hr/> <p>BREAKFAST Egg patty w/toast</p>	<p>23 ham & cheese sandwich baked beans</p> <hr/> <p>BREAKFAST Funnel cake</p>	<p>24 Whole grain 7" Pepperoni & cheese stick Carrots</p> <hr/> <p>BREAKFAST Muffin & cereal</p>	<p>25 Ravioli cheese squares Garlic toast Corn</p> <hr/> <p>BREAKFAST Snack bar & yogurt</p>
<p>28 Chicken chunks in mandarin orange sauce Rice, broccoli</p> <hr/> <p>BREAKFAST Cinnamon swirl French toast</p>	<p>29 Whole grain mini corndogs Baked beans</p> <hr/> <p>BREAKFAST Donut rings</p>	<p>30 Lasagna Garlic roll knot Corn</p> <hr/> <p>BREAKFAST Scrambled egg w/bacon & cheese</p>	<p>31 Spaghetti w/meat sauce Breadstick Corn</p> <hr/> <p>BREAKFAST Iced sweet roll</p>	<p>1</p>

SNACKS FOR K-5 ONLY

Monday:
baked scoops

Tuesday:
Colby jack cheese

Wednesday:
corn chips

Thursday:
reduced fat doritos

Friday:
Baked funyuns

Snack: \$.35

Juice: \$.25

Milk: \$.30

Breakfast: \$1.40

Lunch: \$2.00

Make payments easily
and safely using:
EzSchoolPay.com

This is an equal
Opportunity provider.