



Elementary SD 159

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Triple Berry Pancakes Applesauce Cup 100% Fruit Juice	2 Yogurt String Cheese Fresh Fruit 100% Fruit Juice	3 Super Donut Fresh Fruit 100% Fruit Juice	4 Strawberry Yogurt Cheerios Mix Fresh Fruit 100% Fruit Juice
7 Apple Oat Bar Red Apple 100% Fruit Juice	8 Maple Waffles Fresh Fruit 100% Fruit Juice	9 Chocolate Chip Oat Bar Fresh Fruit 100% Fruit Juice	10 Pancakes Fresh Fruit 100% Fruit Juice	11 Cinnamon Pop Tart Vanilla Graham Bear Fresh Fruit 100% Fruit Juice
14 HOLIDAY	15 Mini Cinnis Fresh Fruit 100% Fruit Juice	16 Strawberry Pop Tart Chocolate Graham Bear Fresh Fruit 100% Fruit Juice	17 Strawberry Pancakes Banana 100% Fruit Juice	18 Super Donut Fresh Fruit 100% Fruit Juice
21 Yogurt Vanilla Graham Bear 100% Fruit Juice	22 Mini French Toast Fresh Fruit 100% Fruit Juice	23 Strawberry Oat Bar Fresh Fruit 100% Fruit Juice	24 Honey Bun Fresh Fruit 100% Fruit Juice	25 Blueberry Muffin Top Fresh Fruit 100% Fruit Juice
28 Banana Muffin Fresh Fruit 100% Fruit Juice	29 Pancakes Fresh Fruit 100% Fruit Juice	30 Apple Oat Bar Fresh Fruit 100% Fruit Juice	31 Super Donut Fresh Fruit 100% Fruit Juice	

Breakfast
(Milk included with meal)
\$1.30

Milk
\$0.50
A Variety of Milk is Available Daily

Questions about the menu?
Mykela Collins
mcollins@dist159.com
708-283-9733

For more information or to "Ask the Dietitian", check out our website!




Comprehensive nutrition & allergy guides are available in the Foodservice Office.

(*) Contains Pork
Menu changes are occasionally necessary. Notice will be given when possible.