



October 2019 Breakfast Menu



Mon	Tue	Wed	Thu	Fri
Meal Prices ES: \$2.90 MS/HS: \$3.10 Breakfast: \$1.60 Milk: \$0.50	1 Whole Wheat Bagel and Cream Cheese, or Cereal Fruit and Milk	2 Whole Grain Breakfast Bun, or Cereal Fruit & Milk	3 Whole Grain Muffin Cereal Fruit/ Juice Milk	4 Mini Pancakes 100% Juice Milk /Fruit
7 Mini Pancakes 100% Juice Milk /Fruit	8 Whole Grain Breakfast Bun, or Cereal Fruit & Milk	9 School Closed Yom Kippur	10 Whole Wheat Bagel and Cream Cheese, or Cereal Fruit and Milk	11 Whole Grain Muffin Cereal Fruit/ Juice Milk
14 School Closed Columbus Day	15 Whole Wheat Bagel and Cream Cheese, or Cereal Fruit and Milk	16 Whole Grain Breakfast Bun, or Cereal Fruit & Milk	17 Whole Grain Muffin Cereal Fruit/ Juice Milk	18 Mini Pancakes 100% Juice Milk /Fruit
21 Whole Grain Muffin Cereal Fruit/ Juice Milk	22 Whole Grain Breakfast Bun, or Cereal Fruit & Milk	23 Whole Wheat Bagel and Cream Cheese, or Cereal Fruit and Milk	24 Mini Pancakes 100% Juice Milk /Fruit	25 Cereal with Honey Graham Crackers 100% Fruit Juice Milk
28 Mini Pancakes 100% Juice Milk /Fruit	29 Whole Wheat Bagel and Cream Cheese, or Cereal Fruit and Milk	30 Whole Grain Breakfast Bun, or Cereal Fruit & Milk	31 Whole Grain Muffin Cereal Fruit/ Juice Milk	



October 2019 Lunch Menu



Mon	Tue	Wed	Thu	Fri
Meal Prices ES: \$2.90 MS/HS: \$3.10 Breakfast: \$1.60 Milk: \$0.50	1 Crispy Chicken Dunkers Silly Potato Smiles Vegetarian Baked Beans Chilled Peaches Fresh Fruit	2 Pasta with Homemade Meat or Marinara Sauce Fresh Salad Bar Steamed Broccoli Chilled Applesauce Fresh Fruit	3 "SANDWICH DAY" Choice of Ham, Turkey and Chicken Salad Pasta Salad Potato Salad Fresh Fruit Chilled Mixed Fruit	4 Cheese or Specialty Pizza Fresh Salad Bar Green Beans Fresh Fruit 100% Fruit Juice
7 Chicken Patty or Veggie Burger Cheese/Lettuce/Tomato Crinkle Cuts Vegetarian Baked Beans Chilled Peaches	8 "Breakfast for Lunch" French Toast Sausage Hash browns Eggs Fresh Fruit Chilled Applesauce	9 School Closed Yom Kippur	10 Meatball on a Whole Wheat Bun Homemade Coleslaw Steamed Carrots Fresh Fruit Chilled Pears	11 Cheese or Specialty Pizza Fresh Salad Bar Green Beans Fresh Fruit 100% Fruit Juice
14 School Closed Columbus Day	15 "TACO TUESDAY" Hard/Soft Shells With all the Toppings Refried Beans Seasoned Rice Fresh Fruit Chilled Pineapple	16 Pasta with Homemade Meat or Marinara Sauce Fresh Salad Bar Steamed Broccoli Chilled Applesauce Fresh Fruit	17 "NEW ITEM" BBQ or Plain Wings With Whole Grain Bun Sweet Potato Fries Corn Chilled Peaches Fresh Fruit	18 Cheese or Specialty Pizza Fresh Salad Bar Green Beans Fresh Fruit 100% Fruit Juice
21 MEATLESS MONDAY Vegetable Chili Whole Grain Tortilla chips Chilled Peaches Fresh Fruit	22 Sloppy Joe On a Whole Wheat Bun Macaroni & Cheese Corn Chilled Pears Fresh Fruit	23 Homemade Baked Ziti With Meat or Marinara Sauce Fresh Salad Bar Steamed Broccoli Chilled Applesauce Fresh Fruit	24 Burgers on a Whole Wheat Bun Vegetarian Baked Bean Oven Fries Chilled Pineapples Fresh Fruit	25 Cheese or Specialty Pizza Fresh Salad Bar Green Beans Fresh Fruit 100% Fruit Juice
28 Oven Roasted Chicken Garlic Mashed Potato Corn Whole Grain Bun Chilled Pears Fresh Fruit	29 "TACO TUESDAY" Hard/Soft Shells With all the Toppings Refried Beans Seasoned Rice Fresh Fruit Chilled Pineapple	30 Pasta with Homemade Meat or Marinara Sauce Fresh Salad Bar Steamed Broccoli Chilled Applesauce Fresh Fruit	31 "Mummy Dogs" on a Whole Wheat Bun Tomato, Cucumber Salad Vegetarian Baked Beans Chilled Peaches Fresh Fruit Butternut Squash Soup Veggie of the month	