

Tab 1

FRUIT, JUICE, AND MILK DAILY AT BREAKFAST		SALAD BAR AND FRUIT BAR DAILY @ HS	
WEEK OF OCT 6-10		ELEMENTARY	
MONDAY	BISUCIT & WHITE GRAVY, SAUSAGE OR CEREAL GRAB N GO: BISCUIT, WG, & SAU.	BEEF FINGERS— ROLL MASHED POTATOES W/GRAVY GREEN PEAS/ DESSERT FRUIT/MILK	BEEF MASHE G
TUESDAY	PANCAKES, SAUSAGE OR CEREAL GRAB N GO: PANCAKE ON STICK	STROMBOLI/ DESSERT POTATO WEDGES ROASTED VEGGIES FRUIT/MILK	
WEDNESDAY	EGG, TOAST, AND BACON OR CEREAL. GRAB N GO: SAUSAGE TWINS	CRISPITO/ CHEESE STICK CORN/ DESSERT/SALAD FRUIT/MILK	
THURSDAY	BREAKFAST PIZZA OR CEREAL GRAB N GO: BRK. PIZZA	HAMBURGER/ DESSERT FRENCH FRIES SANDWICH VEGGIES FRUIT/MILK	H
FRIDAY:	BISCUIT, CH GRAVY, SAU. LINK OR CEREAL.. GRAB N GO: BISCUIT, CH GRAVY, SAU. LINKS	PIZZA—DESSERT RAW VEGGIES— SALAD FRUIT/MILK	

* THIS INSTITUTION IS AN EQUAL OPPORTUNITY

PROVIDER

FRUIT, JUICE, AND MILK DAILY AT BREAKFAST		SALAD BAR AND FRUIT BAR DAILY @ HS	
WEEK OF OCT 13-17		ELEMENTARY	
MONDAY	FRENCH TOAST STICKS OR CEREAL GRAB N GO: FRENCH TOAST STICKS	MEATBALL SUB WHOLE GRAIN CHIPS SALAD/DESSERT FRUIT/ MILK	

TUESDAY	MUFFIN AND GO GURT OR CEREAL GRAB N GO:MUFFINS & GO GURT		CHICKEN NUGGETS —- ROLL MAC AND CHEESE/ DESSERT BLACK EYED PEAS FRUIT/ MILK	CH
WEDNESDAY	CHICKEN BISCUIT GRAB N GO: CHICKEN BISCUIT		CORNDOG/DESSERT BAKED BEANS BABY CARROTS FRUIT/MILK	
THURSDAY	BRK. PIZZA OR CEREAL GRAB N GO: BRK. PIZZA		CHICKEN PATTY ON BUN FRENCH FRIES/DESSERT SANDWICH VEGGIES FRUIT/MILK	C F
FRIDAY	DONUT & YOGURT OR CEREAL GRAB N GO: DONUT &YOGURT		PIZZA/ CHZ BREADSTICK SALAD/ DESSERT FRUIT/ MILK	

* THIS INSTITUTION IS AN EQUAL OPPORTUNITY

PROVIDER

FRUIT, JUICE, AND MILK DAILY AT BREAKFAST		SALAD BAR AND FRUIT BAR DAILY @ HS		
WEEK OF OCT 20-24		ELEMENTARY		
MONDAY	BISUCIT & WHITE GRAVY, SAUSAGE OR CEREAL GRAB N GO: BISCUIT, WG, & SAU.		POPCORN CHICKEN STIR FRY RICE–DESSERT ROASTED VEGGIES FRUIT/MILK	
TUESDAY	PANCAKES, SAU. LINKS OR CEREAL GRAB N GO: PANCAKE ON STICK		BURRTIO W/ CHILI AND CHZ PINTO BEANS/ DESSERT BABY CARROTS FRUIT/MILK	
WEDNESDAY	EGG, TOAST, AND BACON OR CEREAL GRAB N GO: SAUSAGE TWINS		SPAGHETTI W/ MEAT SAUCE SALAD– GARLIC BREADSTICK GREEN BEANS– DESSERT FRUIT/MILK	

THURSDAY	BRK. PIZZA OR CEREAL GRAB N GO: BRK. PIZZA		HAMBURGER/ DESSERT FRENCH FRIES SANDWICH VEGGIES FRUIT/SALAD	
FRIDAY	BISCUIT, CH GRAVY, SAU. LINKS OR CEREAL. GRAB N GO: BISCUIT, CH GRAVY, SAU. LINKS		PIZZA—DESSERT CORN — SALAD FRUIT/MILK	

* THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

FRUIT, JUICE, AND MILK DAILY AT BREAKFAST			SALAD BAR AND FRUIT BAR DAILY @ HS	
WEEK OF SEPT 29-OCT 3RD			ELEMENTARY	
MONDAY	FRENCH TOAST STICKS OR CEREAL GRAB N GO: FRENCH TOAST STICKS		BREADED PORK PATTY— ROLL MASHED POTATOES W/GRAVY GREEN BEANS/ DESSERT FRUIT/MILK	BR M
TUESDAY	OATMEAL, CINNAMON TOAST OR CEREAL GRAB N GO: MUFFINS		“TACO TUESDAY” (2)---- DESSERT LETTUCE, TOMATO, CHEESE REFRIED BEANS FRUIT/MILK	
WEDNESDAY	SAUSAGE BISCUIT OR CEREAL GRAB N GO: SAUSAGE BISCUIT		HOT DOG—DESSERT WHOLE GRAIN CHIPS BAKED BEANS FRUIT/MILK	
THURSDAY	BRK. PIZZA OR CEREAL GRAB N GO: BRK. PIZZA		CHICKEN PATTY ON BUN FRENCH FRIES/ DESSERT SANDWICH VEGGIES FRUIT/MILK	C P
FRIDAY	SAUSAGE, EGG, & CHZ CROSSIANT OR CEREAL GRAB N GO: SAUS., EGG, &CHZ CROSSIANT		PIZZA/ CHZ BREADSTICK SALAD/ DESSERT FRUIT/ MILK	

* THIS INSTITUTION IS AN EQUAL OPPORTUNITY

PROVIDER