



# Elementary Menu

# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
<b>ALTERNATES: CRISPITO</b>	<b>PIZZA</b>	<b>CHICKEN NUGGETS</b>	<b>PB + J</b>	<b>CHICKEN STRIPS</b>	
<b>22 Serving Days Breakfast - 36.30 Red. - 6.60 Lunch - 61.60 Red - 8.80 Milk - 9.90</b>	<b>1</b> Biscuit/Sausage Gravy, WG Cereal, Apple Sauce, Juice, Milk  Pork Fritter, Mac & Cheese, Fresh Broccoli Salad, Baby Carrots, Orange	<b>2</b> Muffin, WG Cereal, Grapes, Juice, Milk  Italian Dunkers, Garden Spinach Salad, Green Beans, Apple Sauce	<b>3</b> Breakfast Cake, WG Cereal, Banana, Juice, Milk  Chicken Tetrizzini, Carrots, Garden Spinach Salad, Strawberries & Bananas, Roll	<b>4</b> Yogurt & Granola, WG Cereal, Frozen Mixed Fruit, Juice, Milk  Chili, Tri Tater, Corn, Pineapple, Cinnamon Roll	Choice of Milk with all K-8 meals
<b>7</b> Breakfast Pizza, WG Cereal, Mixed Fruit, Juice, Milk  Cheeseburger, Garden Spinach Salad, Baby Carrot, Pears	<b>8</b> Pancake on a Stick, WG Cereal, Pears, Juice, Milk  Enchilada, Refried Beans, Corn, Apple	<b>9</b> Cinnamon Roll, WG Cereal, Apple, Juice, Milk  Pulled Pork Sandwich, Baked Beans, Broccoli, Banana	<b>10</b> Egg/Ham/Cheese Bar, WG Cereal, Banana, Juice, Milk  Chicken and Waffles, Tri Tater, Cucumbers, Strawberries	<b>11</b> Pop Tarts, WG Cereal, Pineapple, Juice, Milk  Salisbury Steak, Whipped Potato & Gravy, Baby Carrots, Orange, Roll	Menu Subject to Change
<b>14</b> French Toast Sticks, WG Cereal, Orange, Juice, Milk  Ribette Sandwich, Potato Wedges, Baby Carrots, Apple Sauce, Cookie	<b>15</b> Biscuit/Sausage Gravy, WG Cereal, Apple Sauce, Juice, Milk  Chicken Pattie, Whipped Potato and Gravy, Green Bean, Pears, Roll	<b>16</b> Muffin, WG Cereal, Grapes, Juice, Milk  Soft Taco, Corn, Refried Beans, Peaches, Royal Brownie	<b>17</b> Breakfast Cake, WG Cereal, Banana, Juice, Milk  Cheeseburger, French Fries, Broccoli, Grapes	<b>18</b> Yogurt & Granola, WG Cereal, Frozen Mixed Fruit, Juice, Milk  Lasagna, Garden Spinach Salad, Carrots, Mixed Fruit, Garlic Bread Stick	All Choices may not be Available Every Day
<b>21</b>  <b>No School</b>	<b>22</b> Pancake on a Stick, WG Cereal, Pears, Juice, Milk  Chicken Quesadilla, Peas, Baby Carrots, Apple, Cookie	<b>23</b> Cinnamon Roll, WG Cereal, Apple, Juice, Milk  Goulash, Garden Spinach Salad, Mixed Vegetables, Banana, Garlic Breadstick	<b>24</b> Egg/Ham/Cheese Bar, WG Cereal, Banana, Juice, Milk  Taco Burger Refried Beans, Pepper Strips, Apple Sauce, Cookie	<b>25</b> Pop Tarts, WG Cereal, Pineapple, Juice, Milk  Beef & Noodles, Whipped Potato, Green Beans, Orange, Roll	This institution is an equal opportunity provider.
<b>28</b> French Toast Sticks, WG Cereal, Orange, Juice, Milk  Turkey/Cheese Sub, French Fries, Baked beans, Peaches, Cookie	<b>29</b> Biscuit/Sausage Gravy, WG Cereal, Apple Sauce, Juice, Milk  Steak Fingers, Mac & Cheese, Fresh Broccoli Salad, Baby Carrots, Orange	<b>30</b> Muffin, WG Cereal, Grapes, Juice, Milk  Italian Dunkers, Garden Spinach Salad, Green Beans, Apple Sauce	<b>31</b> Breakfast Cake, WG Cereal, Banana, Juice, Milk  Chicken Tetrizzini, Carrots, Garden Spinach Salad, Strawberries & Bananas, Roll		<i>Breakfast Fuels Learning!</i>