



ELEMENTARY BREAKFAST AND LUNCH MENU

OCTOBER 2022

ELEMENTARY BREAKFAST: PAID STUDENTS: \$1.00 // Adult/Visitor breakfast \$3.00

ELEMENTARY LUNCH: PAID STUDENTS: \$2.25 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: \$0.20 // REDUCED STUDENT LUNCH: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Wheat Cinnamon Roll Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Frozen Peach Cup	4 Whole Grain Chocolate Chip Waffle Steak Fingers Hamburger or Cheeseburger Garden Salad Mashed Potatoes & Gravy Fresh Apple Slices Wheat Roll	5 Sausage & Cheese Biscuit Cheese or Pepperoni Pizza Garden Salad Seasoned Green Beans Mixed Fruit	6 Turkey Ham & Cheese Croissant Spaghetti & Meatballs Breaded Chicken Sandwich Garden Salad Mixed Vegetables Frozen Peach Cup Garlic Roll	7 Sausage & Cheese Kolache Popcorn Chicken Beef Hot Dog Baked Beans Garden Fresh Cucumbers Peach Cobbler Wheat Roll
10 Whole Wheat Cinnamon Roll Beef Soft Tacos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	11 French Toast Mini Corn Dogs Hamburger or Cheeseburger Baked Beans Garden Salad Orange Smiles	12 Apple Spice Muffin Cheese or Pepperoni Pizza Garden Salad Seasoned Green Beans Fresh Pineapple Chunks	13 Turkey Ham & Cheese Croissant Macaroni & Cheese Breaded Chicken Sandwich Garden Salad Mixed Vegetables Mandarin Oranges	14 Chicken Biscuit Popcorn Chicken Beef Hot Dog Garden Salad Steamed Broccoli Peach Cobbler
17 Whole Wheat Cinnamon Roll Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices	18 Whole Grain Maple Waffle Popcorn Chicken Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Orange Smiles Wheat Roll	19 Sausage & Cheese Biscuit Cheese or Pepperoni Pizza Garden Salad Steamed Broccoli Fresh Pineapple Chunks	20 Turkey Ham & Cheese Croissant Spaghetti & Meatballs Breaded Chicken Sandwich Garden Salad Seasoned Green Beans Sliced Peaches Garlic Roll	21 Sausage & Cheese Kolache Cheese Stuffed Breadsticks Beef Hot Dog Garden Salad Mixed Vegetables Mandarin Oranges
24 NO SCHOOL	25 Mini Pancakes Hamburger or Cheeseburger Garden Salad Whole Kernel Corn Frozen Peach Cup	26 Apple Spice Muffin Cheese or Pepperoni Pizza Garden Salad Mixed Vegetables Sliced Peaches	27 Turkey Ham & Cheese Croissant Orange Chicken & Lo Mein Breaded Chicken Sandwich Garden Salad Steamed Broccoli Frozen Peach Cup Wheat Roll	28 Chicken Biscuit Popcorn Chicken Beef Hot Dog Garden Salad Seasoned Green Beans Peach Cobbler Wheat Roll
31 Whole Wheat Cinnamon Roll Nachos w/ Baked Tostitos Baby Carrots Seasoned Pinto Beans Fresh Apple Slices				

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food

Menus also available at Schoolcafe.com

Nutrient Analysis is available at <https://www.cfsd.net/Page/3593>

A Complete Breakfast Includes:

- Choice of 1 entrée
- 2 fruits OR 1 fruit & juice
- 1% white or fat free chocolate milk

Daily Breakfast Features:

- Yogurt & Rockin' ola granola
- Whole grain cereal (Not available at some schools)
- 100% fruit juice
- 1% white or fat free chocolate milk

A Complete Lunch Includes:

- Choice of entrée
- 2 fruits
- 2 vegetables
- 1% white or fat free chocolate milk

Weekly Lunch Entrees:

- Monday & Friday:** Yogurt, Granola & String Cheese
- Tuesday & Thursday:** Wowbutter, String Cheese & Goldfish
- Wednesday:** Turkey Ham & Cheese Croissant

Weekly Entrée Salads:

- Tuesday, Wednesday & Thursday**
- Grilled Chicken Caesar Salad