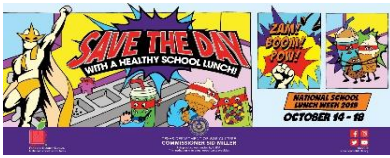


# OCTOBER 2019 BREAKFAST AND LUNCH MENU

HIGH SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2  
 HIGH SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>1</b>	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>2</b>	Sausage & Cheese Croissant Banana Blueberry Muffin Fruit & Yogurt Parfait <b>3</b>	Egg, Ham, & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait <b>4</b>
	<b>Spicy Pepperjack Chicken Sandwich</b> Potato Wedges Tossed Salad Fresh Cantaloupe Chunks	<b>Macaroni &amp; Cheese</b> Diced Carrots Tossed Salad Diced Pears	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Vegetable Egg Roll Fresh Pineapple	<b>Cheese Enchiladas</b> Seasoned Pinto Beans Tossed Salad w/ Fresh Cucumbers Mixed Fruit
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>7</b>	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>8</b>	Turkey Chorizo Breakfast Taco Pancake Sausage Minis Fruit & Yogurt Parfait <b>9</b>	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>10</b>	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>11</b>
<b>Nachos</b> Seasoned Pinto Beans Tossed Salad Sliced Peaches	<b>Mushroom Swiss Burger</b> Potato Wedges Tossed Salad Mandarin Oranges	<b>Spaghetti &amp; Meatballs</b> Seasoned Green Beans Tossed Salad Fresh Cantaloupe Chunks Garlic Roll	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Cran Apple Spinach Salad Zucchini Vegetable Egg Roll Fresh Diced Apples	<b>Mini Corn Dogs</b> Roasted Broccoli Tossed Salad Peach Cobbler

## National School Lunch Week - October 14-18: Save the Day With a Health School Lunch

French Toast Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>14</b>	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait <b>15</b>	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>16</b>	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait <b>17</b>	Chicken Biscuit Pancake Sausage Minis Fruit & Yogurt Parfait <b>18</b>
<b>Make-Your-Own Baked Potato</b> Broccoli Salad Tossed Salad Sliced Peaches Breadsticks	<b>Spicy Pepperjack Chicken Sandwich</b> Potato Wedges Broccoli Salad Fresh Diced Apples	Lasagna Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	<b>Nachos</b> Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait <b>21</b>	Banana Blueberry Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>22</b>	Turkey Chorizo Breakfast Taco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait <b>23</b>	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait <b>24</b>	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait <b>25</b>
<b>Steak Fingers</b> Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	<b>Bacon Cheeseburger</b> Potato Wedges Tossed Salad Fresh Pineapple Chunks	<b>Chicken Supreme Nachos</b> Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	<b>Chicken Teriyaki w/ Stir Fried Rice</b> Mixed Vegetables Tossed Salad Vegetable Egg Roll Fresh Berries	<b>Hatch Green Chili Tamales</b> Tossed Salad Roasted Corn Sliced Peaches
Mini Pancakes Pancake Sausage Minis Fruit & Yogurt Parfait <b>28</b>	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait <b>29</b>	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait <b>30</b>	Sausage & Cheese Croissant Banana Blueberry Muffin Fruit & Yogurt Parfait <b>31</b>	
<b>Korean BBQ Oven Roasted Chicken</b> Brown Rice Pilaf Broccoli Salad Seasoned Pinto Beans Sliced Peaches Wheat Roll	<b>Spicy Pepperjack Chicken Sandwich</b> Potato Wedges Tossed Salad Fresh Cantaloupe Chunks	<b>Macaroni &amp; Cheese</b> Diced Carrots Tossed Salad Diced Pears	<b>Orange Chicken &amp; Lo Mein</b> Steamed Broccoli Tossed Salad Vegetable Egg Roll Fresh Pineapple Chunks	

**Breakfast**  
**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  
 - Assorted fruit bowl  
 - 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  
**Lunch**  
**Daily Lunch Features**  
 - Hummus & pita bread entrée  
 - Turkey & cheese or turkey, ham & cheese on hoagie (alternates weekly)  
 - Assorted fruit bowl  
**Fresh Entrée Salads**  
**Monday-** Mandarin Orange Salad  
**Tuesday-** Southwest Chicken Salad  
**Wednesday-** Chef's Salad  
**Thursday-** Cran-apple Salad  
**Friday-** Egg Bacon & Spinach Salad  
*Grilled Chicken Caesar Salad served daily.*

HARVEST OF THE MONTH  
**CUCUMBERS**  
 - Cucumbers are in the same family as melons and squash.  
 - Excellent source of vitamin K to help blood clot.  
 - Good source of potassium which helps maintain normal blood pressure and kidney health.  
 - Cucumbers are 96% water, making it a great thirst-quencher!

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\*Menus subject to change without notice due to price and availability of food.\*