



OCTOBER 2019 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2
 MIDDLE 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 1	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 2	Sausage & Cheese Croissant Banana Blueberry Muffin Fruit & Yogurt Parfait 3	Egg, Ham, & Cheese English Muffin Chicken Biscuit Fruit & Yogurt Parfait 4
	Crunchy Tacos Tossed Salad Whole Kernel Corn Fresh Cantaloupe Chunks Cornbread	Macaroni & Cheese Diced Carrots Tossed Salad Diced Pears	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Fresh Pineapple	Cheese Enchiladas Seasoned Pinto Beans Tossed Salad w/ Fresh Cucumbers Mixed Fruit
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 7	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait 8	Turkey Chorizo Breakfast Taco Pancake Sausage Minis Fruit & Yogurt Parfait 9	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 10	Egg, Bacon & Cheese English Muffin Sausage & Cheese Kolache Fruit & Yogurt Parfait 11
Nachos Seasoned Pinto Beans Tossed Salad Sliced Peaches	Pork Carnitas Soft Tacos Tossed Salad Whole Kernel Corn Mandarin Oranges	Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Cantaloupe Chunks Garlic Roll	Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Vegetable Egg Roll Fresh Diced Apples	Mini Corn Dogs 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 14	Sausage & Cheese Croissant Mini Pancakes Fruit & Yogurt Parfait 15	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 16	Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait 17	Chicken Biscuit Pancake Sausage Minis Fruit & Yogurt Parfait 18
Make-Your-Own Baked Potato Broccoli Salad Tossed Salad Sliced Peaches Breadsticks	Chicken Fajita Tacos Seasoned Pinto Beans Tossed Salad Fresh Diced Apples	Lasagna Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll	Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges	Nachos Tossed Salad Whole Kernel Corn Diced Pears
Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait 21	Banana Blueberry Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait 22	Turkey Chorizo Breakfast Taco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait 23	Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait 24	Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait 25
Steak Fingers Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll	Crunchy Tacos Diced Carrots Whole Kernel Corn Fresh Pineapple Chunks	Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread	Chicken Teriyaki w/ Stir Fried Rice Mixed Vegetables Tossed Salad Vegetable Egg Roll Fresh Berries	Hatch Green Chili Tamales Tossed Salad Roasted Corn Sliced Peaches
Mini Pancakes Pancake Sausage Minis Fruit & Yogurt Parfait 28	French Toast Sausage & Cheese Biscuit Fruit & Yogurt Parfait 29	Turkey Bacon Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait 30	Sausage & Cheese Croissant Banana Blueberry Muffin Fruit & Yogurt Parfait 31	
Korean BBQ Oven Roasted Chicken Brown Rice Pilaf Broccoli Salad Seasoned Pinto Beans Sliced Peaches Wheat Roll	Chicken Fajita Tacos Tossed Salad Whole Kernel Corn Fresh Cantaloupe Chunks Cornbread	Macaroni & Cheese Diced Carrots Tossed Salad Diced Pears	Orange Chicken & Lo Mein 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

Fresh Entrée Salads

Daily Lunch Features

- Hummus & pita bread entrée
- Yogurt, granola and string cheese
- Turkey & cheese or turkey, ham & cheese on hoagie (alternates weekly)
- Assorted fruit bowl

- 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.



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