

DYSPHAGIA Breakfast & Lunch		OCTOBER 2019			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2019-2020 Meal Prices: Paid Elementary Breakfast: \$1.00 Paid Elementary Lunch: \$2.25 Paid Secondary Breakfast: \$1.25 Paid Secondary Lunch: \$2.50 Reduce Student Breakfast: \$0.20 Reduced Student Lunch: \$0.40	Chicken & Waffles Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Pineapple Tidbits #7	Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #8	Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	Pancakes & Sausage Applesauce Juice Milk Green Chili Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges #10	
	Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Pinto Beans Glazed Carrots Canned Peaches #11	Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #12	French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce #13	Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears #14	Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #15
Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #16	Chicken & Waffles Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches #17	Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce #18	Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #19	Pancakes & Sausage Applesauce Juice Milk Fish Filet w/ Tartar Sauce Tomato Soup Glazed Carrots Fruit Cobbler #20	



Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Pinto Beans Green Beans Canned Peaches #1	21 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	22 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Teriyaki Fried Rice Edamame Squash/Zucchini Spiced Applesauce #3	23 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears #4	24 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler #5
28 Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #6	29 Chicken & Waffles Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Pineapple Tidbits #7	30 Cinnamon Roll w/ Sausage Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #8	31 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

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