

# October 2019 Breakfast Menus

Menus are subjected to change. Oatmeal served on Friday as choice. And Justice for all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Omelet Pancakes Tropical Fruit Juice Milk	2 Biscuit Sandwich Pears Juice Milk	3 Breakfast Pizza Apple Juice Milk	4 Sausage French Toast Apricots Juice Milk	5
6	7 Yogurt Cereal Cantaloupe Juice Milk	8 Whole Wheat Donuts Cereal Pineapple Juice Milk	9 Cinnamon Toast Cheese stick Raisins Juice Milk	10 Coffee Cake Cereal Grapes Juice Milk	11 Bagels Cereal Strawberries Juice Milk	12
13	14 English Muffin Sand. Fruit Cocktail Juice Milk	15 Pancake on a Stick Star Apple Juice Milk	16 Cinn. Breadstick Cereal Peaches Juice Milk	17 Soft Pretzel Cereal Applesauce Juice Milk	18 Breakfast Wrap Oranges Juice Milk	19
20	21 Blueberry Muffin Cereal Raisins Juice Milk	22 Cinnamon Roll Cereal Tropical Fruit Juice Milk	23 Breakfast Bagel Pineapple Juice Milk	24 Scrambled Eggs Pancakes Bananas Juice Milk	25 <b>No School</b>	26
27	28 Breakfast Pizza Mandarin Oranges Juice Milk	29 Oatmeal Muffins Cereal Tropical Fruit Juice Milk	30 Toast Omelet Apples Juice Milk	31 English Muffin Cereal Pears Juice Milk		

# October 2019 Lunch Menus

Menus are subjected to change. PBJ or yogurt are alternated entrée choices for Grade 4-6. Chef salads are available daily & optional entrée choices for Grade 7-12. And Justice for all.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7 Pigs in a Blanket Baby Carrots Peas Pineapple & Orange PB Cookie & Milk	8 Stoppoy Joe Sandwich Potato Smiles Bean Salad Apple Crisp & Milk	9 Chicken Quesadilla Romaine Lettuce Salsa Grapes Coffee Cake & Milk	10 BBQ Pork Sandwich Coleslaw Sweet Potato Fries Strawberries Milk	11 Chicken Fried Steak Mash Potatoes Dinner Roll Fruit Cocktail & Milk	12
13	14 Chicken Sandwich Cheesy Potatoes Tomatoes Star Apple	15 Taco Salad Refried Beans Cinn. Breadstick Peaches & milk	16 Calzones Broccoli Salad Peas Snicker Doodle Applesauce & Milk	17 Philly Steak Sandwich Sautee Vegetables Oven Fries Oranges Milk	18 Stroganoff Rice Green Beans Baby Carrots Blueberry Muffin Raisins & Milk	19
20	21 Breaded Cheese Stix Baked Beans Garlic Breadsticks Tropical Fruit & Milk	22 Chicken Fajita Lettuce Salsa Spanish Rice Pineapple & Milk	23 6 <sup>th</sup> Grade Meal Pizza Corn Banana Choc. Chip Cookie Milk	24 Turkey Dinner Roll Mash Potatoes Cooked Broccoli Mand. Oranges & Milk	25 <b>No School</b>	26
27	28 Sub Sandwich Romaine Lettuce Tomatoes Doritos Tropical Fruit & Milk	29 Corndogs Oven Fries Baked Beans Apple Crisp Milk	30 Ham & Cheese Zombies Cooked Carrots Pears Veggies Choc. Cookie & Milk	31 Chili Fish Crackers Celery Cantaloupe Cinn. Roll & Milk		
		1 Chicken Alfredo Cooked Carrots Cucumbers Cheesy Biscuit Pears & Milk	2 Cheeseburger Oven Fries Baked Beans Baked Apples Milk	3 Spaghetti Garlic Bread Lettuce Apricots Milk	4 Chinese Chicken Rice Dinner Roll Chinese Vegetables Celery Stick Cantaloupe & Milk	5