




October 2018 Breakfast and Lunch



MONDAY w/ich	Taco TUESDAY	Dessert WEDNESDAY	Mashed/Au gratin THURSDAY	Finger food FRIDAY
B-Cereal, PB Jelly on toast, peaches, 100% juice cup L-Beef patty-0 cheese-0 bun-21 Original sun chips-8 Steamed mixed vegetables-15 Mixed fruit-17 1 K,M	B-Oatmeal, pancakes w/syrup, mixed fruit, 100% juice cup L-Taco meat-3 corn chips-18 Lettuce-1 cheese-0 salsa-2 Corn on cob-15 Pears--20 2	B-Egg patty & sausage patty on bun, pears, 100% juice cup L-Teriyaki chicken-8 egg roll-22 Steamed rice-43 Oriental vegetable blend-5 Pineapples-17 Peanut butter bars-19 3	B-Biscuits & gravy, ham patty, pineapples, 100% juice cup L-Salisbury steak-15 Sliced bread-17 Mashed potatoes-10 gravy-6 Green beans-7 Mandarin orange-20 4	TEACHER'S INSTITUTE NO SCHOOL 5
 NO SCHOOL COLOMBUS DAY 8	B-Oatmeal, sausage links, cinnamon apple slices, 100% juice cup L-Chicken fajita meat-2 wrap-15 Lettuce-1 cheese-0 salsa-2 Sweet corn-15 Peaches-17 9	B-Scrambled eggs, toast, peaches, 100% juice cup L-Hot dog-2 bun-21 Macaroni-32 cheese-0 Sweet peas-15 mixed fruit-17 Chocolate chip cookies-24 10 K, M, PR	B-Biscuits & gravy, ham patty, mixed fruit, 100% juice cup L-Tenderloin-24 bun-21 Au gratin potatoes-25 Green beans-7 Pears-20 11 K,M,P	B-Cereal, breakfast bacon scramble, pears, 100% juice cup L-Cheese pizza-30 Potato rounds-21 Celery stick-0 peanut butter cup-7 Raisins-15 12 K
B-Cereal, fruit muffin, cheese slices, pears, 100% juice cup L-Chicken n noodles-28 dinner roll-15 mashed potatoes-10 gravy-6 Steamed mixed vegetables-15 Fresh strawberries-26 15 K-Grandparents Day	B-Oatmeal, French toast sticks, peaches, 100% juice cup L-Baked glazed ham-15 Au gratin potatoes-25 Dinner roll-15 tossed salad w/ Italian dressing-18 fresh grapes-23 16 1st Grandparents Day	B-Cheese omelet, biscuit w/jelly, mixed fruit, 100% juice cup L- Chicken A fredo-30 Garlic bread-15 sweet peas-15 Romaine salad w/grape tomatoes-9 w/ranch-11 fresh orange wedges-41 17 2nd Grandparents Day	B-Biscuits & gravy, ham patty, mandarin oranges, 100% juice cup L-Country fried steak-52 sliced Bread-17 mashed potatoes-10 gravy-6 green beans-7 watermelon wedges-4 18 3rd Grandparents Day	B-Cereal, breakfast sausage bagel, pineapples, 100% juice cup L-Pasta-42 w/meat sauce-24 Bread stick-15 steamed peas-15 Romaine salad w/diced tomatoes-9 Ranch-11 apple wedges-7 19 4th Grandparents Day
B-Cereal, peanut butter & jelly on biscuit, pineapple, 100% juice cup L- Hot ham-0 cheese-0 bun-21 Creamy coleslaw-18 Steamed mixed vegetables-15 Pears-20 22 K,M,P	B-Oatmeal, sausage patty, pears, 100% juice cup L- Taco salad , consist of taco meat-2, lettuce-1, cheese-0, diced tomato-0, crushed tortilla chips-21 Salsa-2 Sweet corn-15 Peaches-17 23	B-Scrambled eggs, toast, mandarin oranges, 100% juice cup L-Chili-19 crackers-9 ½ peanut butter & jelly sandwich-30 Carrot sticks-8 Mixed fruit-17 24 No baked cookies-32	PARENT/TEACHER CONFERENCE NO SCHOOL 25	PARENT/TEACHER CONFERENCE NO SCHOOL 26
B-Cereal, fruit muffin, peaches, 100% juice cup L-Breaded chicken-15 bun-21 Smiley potatoes-24 Steamed mixed vegetable-15 Cinnamon applesauce-13 29 K,M,P, BBQ	B-Oatmeal, sausage maple pancake dog, cinnamon apple sauce, 100% juice cup L-Beef & bean burrito-35 salsa-2 Spanish rice-21 Corn on cob-15 pineapples-17 30	B-Egg patty & sausage patty on bun, Pineapples, 100% juice cup L-Halloween nuggets-14 Sliced bread-17 mixed fruit-17 Fresh broccoli-8 ranch cup-11 Hot apple crisp-31 w/vanilla ice cream cup-16 31 K, BBQ	CONDIMENTS + Carbs K -ketchup 2pkts – 2 T -tarter sauce 2pkts – 2 PR -pickle relish 2pts - 2 P -pickles - 0 M -mustard 2 pkts - 0 BBQ -bbq sauce cups -10	All Carte Menu-Cash Only Please Extra meal-\$2.15 Extra entrée-\$1.00 Extra side-\$.50 Extra salad dressing cups-\$.25 Milk-\$.35

== Carbohydrates *Milk-White-11, Chocolate-28 White or chocolate milk is included with all meals made at the school. If your child brings a lunch from home, he/she may purchase milk for \$.35. Menus are subject to change. Thank you, Ms Davis 698-3604 .Please call me if you have any questions. **(Grandparents Day menu will be a special menu...)**