

October 2018

Type Your School Name Here

BREAKFAST

Breakfast: \$1.50
Reduced: \$.30
Adult: \$2.50

*This is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

1
Breakfast Sandwich w/
Cheese
Fresh Apple
Milk

3
Breakfast Scramble
Whole Wheat Toast
Fresh Orange
Milk

15
Apple Cinnamon Muffin
Mixed Fruit
Milk

22
Oatmeal Cereal Bar
Apple Sauce
Milk

29
Breakfast Sandwich w/
Cheese
Fresh Apple
Milk

Tuesday

2
Breakfast Oat Bar
Apple Sauce
Milk

9
French Toast Sticks
Chicken Sausage
Fruit Cup
Milk

16
Oatmeal
Fresh Apple
Milk

23
Pancakes w/ syrup
Fruit Cup
Milk

30
Breakfast Oat Bar
Pineapple Tidbits
Milk

Wednesday

3
Apple Cinnamon Oatmeal
Mixed Fruit
Milk

10
Breakfast Sandwich w/
Cheese
Fresh Apple
Milk

17
Scrambled Eggs
Whole Wheat Toast
Pineapple Tidbits
Milk

24
Breakfast Sandwich w/
Cheese
Fresh Orange
Milk

31
Cereal
Fruit Cup
Milk

Thursday

4
Blueberry Muffin
Mandarin Oranges
Milk

11
Breakfast Oat Bar
Apple Sauce
Milk

18
Breakfast Oat Bar
Mandarin Oranges
Milk

25
Breakfast Scramble
Whole Wheat English Muffin
Fresh Apple
Milk

Friday

5
Cereal
Fruit Cup
Milk

12
Cereal
Fruit Cup
Milk

19
Cereal
Fruit Cup
Milk

26
Cereal
Fruit Cup
Milk



Lunch: \$3.00
 Reduced: \$.40
 Adult: \$4.00

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Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



1 Rotini Pasta w/ Tomato Sauce
 Mixed Veg
 Fruit Cup
 Milk

2 Fajita Bowl w/ Brown Rice
 Glazed Carrots
 Apple Sauce
 Milk

3 Pizza w/ Tomato Sauce
 Corn
 Peach Cup
 Milk

4 Chicken Nuggets
 Broccoli w/ Cheese
 Fresh Apple
 Milk

5 Bosco Sticks
 Mixed Vegetables
 Fruit Cup
 Milk

8 Chicken Sandwich
 Carrot Sticks
 Fresh Orange
 Milk

9 BBQ Chicken Breast
 Brown Rice Pilaf
 Bean Salad
 Apple Sauce
 Milk

10 Hot Dog on Wheat
 Coleslaw
 Mandarin Oranges
 Milk

11 Popcorn Chicken
 Peas
 Fresh Apple
 Milk

12 French Toast Sticks
 Chicken Sausage
 Mixed Vegetables
 Fruit Cup
 Milk

15 Grilled Cheese w/ Tomato Soup
 Celery Sticks w/ dip
 Peach Cup
 Milk

16 Macaroni and Cheese
 Mixed Vegetables
 Bean Salad
 Fruit Cup
 Milk

17 Chicken Burrito Bowl
 Coleslaw
 Mandarin Oranges
 Milk

18 Pizza w/ Tomato Sauce
 Salad Cup
 Fresh Apple
 Milk

19 Grilled BBQ Chicken
 Mixed Vegetables
 Pineapple Tidbits
 Whole Wheat Roll
 Milk

22 Chicken Fries
 Baby Carrots w/ dip
 Apple sauce
 Milk

23 Bosco Sticks w/ marinara
 Green Beans
 Mixed Fruit
 Milk

24 Cheese Ravioli w/ Tomato Sauce
 Garlic Bread
 Salad Cup
 Fresh Orange
 Milk

25 Hot Dog on Wheat
 Bean Salad
 Steamed Carrots
 Mixed Fruit
 Milk

26 Fajita Bowl w/ Brown Rice
 Mixed Vegetables
 Apple Sauce
 Milk

29 Quinoa Power Bowl w/ Chicken
 Roasted Carrots
 Fresh Apple
 Milk

30 Popcorn Chicken
 Broccoli w/ Cheese
 Mixed Fruit
 Milk

31 Pasta bake w/ Meatballs
 Whole Grain Roll
 Mixed Vegetables
 Fresh Orange
 Milk

