



October



This institution is an equal opportunity provider.

Did you Know? The Chef Salad can be vegetarian. Protein is in a separate container!

MENU SUBJECT TO CHANGE 2019 Elementary Menu

WG = Whole Grain

GF = Gluten Free

P = Contains Pork

=Vegetarian meal available each day!

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Sausage Patty & Pancakes 9/30 Banana Breakfast Bar Chicken Strips Creamy Macaroni & Cheese Yogurt, String Cheese & WG Roll	1 Mini Eggo Waffles Chicken N' Biscuit TERIYAKI BEEF DIPPERS & WG RICE Cheese or Pepperoni Pizza Hummus, String Cheese, Sunflower Seeds & WG Crackers	2 Cinnamon Yogurt Bread Yogurt & Grahams Beef Taco Salad with Tortilla Chips Chicken Poppers & WG Roll Chef Salad with Pretzel Goldfish, & WG Roll	3 Breakfast Pizza Cereal with Grahams Build Your Own Carnitas Taco Hot Chicken Sandwich Yogurt, String Cheese & WG Roll	French Toast Sticks 4 Sausage, Egg & Cheese Burrito Grilled Cheese Sandwich Shrimp Poppers, String Cheese & WG Roll Veggie Melt
7 House Baked Muffin Yogurt & Grahams BREAKFAST FOR LUNCH Pancakes & Sausage Links Beef Soft Taco Hummus, String Cheese & WG Crackers SCHOOL CLOSED TODAY 14 Parent/Teacher Conferences	8 Hot Cheese Stuffed Breadstick Cereal with Grahams Homestyle Chili with Tortilla Chips Chicken Bites & WG Roll Yogurt, String Cheese & WG Roll	9 Mexican Breakfast Bread Grilled Cheese Triangle Twistaroni with Homemade Beef Meat sauce & WG Roll Cheese or Pepperoni Stuffed Crust Pizza Chef Salad with Pretzel Goldfish, & WG Roll	10 Maple Mini Pancakes Chicken Little Golden Baked Chicken Turkey Hot Dog Hummus, String Cheese & WG Crackers Munch Mix	11 Cocoa Breakfast Bread Yogurt & Grahams Orange Chicken & WG Rice Hamburger or Cheeseburger Veggie Melt
21 House Baked Muffin Yogurt & Grahams BRUNCH FOR LUNCH Waffle & Sausage Links Turkey Hot Dog Hummus, String Cheese, Sunflower Seeds & WG Crackers	15 Mini Eggo Waffles Chicken N' Biscuit Creamy Macaroni & Cheese Chicken Poppers Hummus, String Cheese, & Sunflower Seeds WG Crackers EDUCATION CRACKERS	16 Cinnamon Yogurt Bread Yogurt & Grahams Beef Taco Salad with Tortilla Chips Mini Corn Dogs Yogurt, String Cheese & WG Roll	17 Breakfast Pizza Cereal with Grahams TERIYAKI CHICKEN & WG RICE Cheese Bites Chef Salad with Pretzel Goldfish & WG Roll	18 Sausage Egg & Cheese Burrito Hot Chicken Sandwich Build Your Own Carnitas Taco Veggie Melt
28 Banana Breakfast Bar Chicken Strips Creamy Macaroni & Cheese Yogurt, String Cheese & WG Roll	22 Cereal with Grahams Orange Chicken & WG Rice Grilled Cheese Sandwich Yogurt, String Cheese & WG Roll	23 Grilled Cheese Triangle Golden Baked Chicken & WG Roll French Bread Cheese or Pepperoni Pizza Chef's Salad with Pretzel Goldfish & WG Roll	24 Maple Mini Pancakes Chicken Little Spaghetti with Homemade Beef Meat sauce Chicken Bites Hummus, String Cheese, Sunflower Seeds & WG Crackers Scooby Grahams	25 Yogurt & Grahams Cheeseburger or Hamburger Bean & Cheese Burrito Veggie Melt
28 Banana Breakfast Bar Chicken Strips Creamy Macaroni & Cheese Yogurt, String Cheese & WG Roll	29 Mini Eggo Waffles Chicken N' Biscuit Teriyaki Beef Dippers & WG Rice Cheese or Pepperoni Pizza Hummus, String Cheese, Sunflower Seeds & WG Crackers	30 Cinnamon Yogurt Bread Yogurt & Grahams Beef Taco Salad with Tortilla Chips Chicken Poppers & WG Roll Chef Salad with Pretzel Goldfish & WG Roll	31 Breakfast Pizza Cereal with Grahams Halloween Chicken Nuggets with WG Roll Build Your Own Carnitas Taco Yogurt, String Cheese & WG Roll Frozen Treat	NOV 1 Sausage, Egg & Cheese Burrito Shrimp Poppers with String Cheese and WG Roll Grilled Cheese Sandwich Veggie Melt