





Featuring Healthy Fruits & Grains!

Breakfast:

Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or 100% Fruit Juice

Milk Choice

Monday, October 2

Breakfast

Cinnamon Ultimate **Breakfast Round**

Lunch

Breaded Chicken Sticks

Buttered Noodles

Fruit / Milk Choice

Tuesday, October 3

Breakfast

French Toast Bites with Maple Syrup

Lunch

Cheese Pizza Crunchers

Baked Fries

Fruit / Milk Choice

Wednesday, October 4

Breakfast

Breakfast Pizza Square

Lunch

Cheeseburger with Potato Sticks

Punch Vegetable Juice

Fruit / Milk Choice

Thursday, October 5

Breakfast

Baked Cinnamon Donut Holes

Lunch

Meatball Hoagie

Smiley Fries

Fruit / Milk Choice

Friday, October 6

Breakfast

Super Bakery Ultra Flavored Bread

Lunch

Thick Crust Pizza Slice

Steamed Green Beans

Fruit / Milk Choice

LE FRUITS AND VEGET DAIRY

Monday, October 9

Breakfast

General Mills Cereal Bar

Lunch

Mac & Cheese with **Baked Soft Pretzel**

Tossed Salad

Fruit / Milk Choice

Tuesday, October 10

Breakfast

Maple Waffle Bites with Syrup

Lunch

Beef & Cheese **Nachos**

Steamed Corn

Fruit / Milk Choice

Wednesday, October II

Breakfast

Sausage & Pancake Flap Stick

Lunch

Grilled Hot Dog on a Wholegrain Bun

Honey Baked Beans

Fruit / Milk Choice

Thursday, October 12

Breakfast

Baked Wholegrain Apple Turnover

Lunch

Breaded Chicken Sandwich

Baked Fries

Fruit / Milk Choice

Friday, October 13

Breakfast

Egg & Bacon Breakfast Bagel

Lunch

BOSCO Sticks with Pizza Sauce

Steamed Broccoli

Fruit / Milk Choice

Lunch:

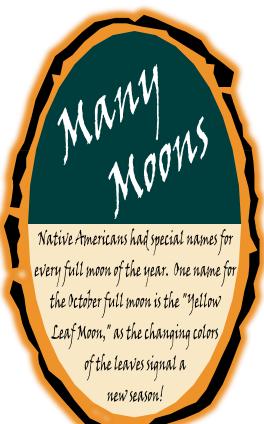
Alternate Choice:

1) Deli Hoagie

2) Peanut Butter & Jelly Sandwich

Available Daily:

Fruit or 100% Fruit Juice Vegetable Choice Wholegrain Breads/Rolls Milk Choice





Monday, October 16

Breakfast

Cocoa Cherry Breakfast Bar

Lunch

Orange Asian Chicken with Rice Watermelon Frozen **Juice Cup**

Fruit / Milk Choice

Tuesday, October 17

Breakfast

Buttermilk Pancake Bites with Syrup

Lunch

Soft Shell Beef Taco with Shredded Lettuce & Cheese

Fruit / Milk Choice

Wednesday, October 18

Breakfast

Baked Wholegrain Apple Churros

Lunch

Cheeseburger with Potato Sticks

Punch Vegetable Juice

Fruit / Milk Choice

Thursday, October 19

Breakfast

Egg/Cheese Croissant Sandwich

Lunch

Italian Dunkers with Pizza Sauce

Carrot Sticks

Fruit / Milk Choice



Every complete meal we serve comes with your choice of milk!

Monday, October 23

Breakfast

Cinnamon Ultimate **Breakfast Round**

Lunch

Breaded Chicken Nuggets

Cheesy Potatoes

Fruit / Milk Choice

Tuesday, October 24

Breakfast

French Toast Bites with Maple Syrup

Lunch

Beef & Cheese **Nachos**

Steamed Corn

Fruit / Milk Choice

Wednesday, October 25

Breakfast

Breakfast Pizza Square

Lunch

Breaded Corn Dog Nuggets

Applesauce Cup

Fruit / Milk Choice

Thursday, October 26

Breakfast

Baked Blueberry Donut Holes

Lunch

Toasted Italian Hoagie

Baked Fries

Fruit / Milk Choice

Friday, October 27

Breakfast

Baked Wholegrain Funnel Cake

Lunch

Thin Crust Pizza Slice

Steamed Vegetables

Fruit / Milk Choice

Monday, October 30

Breakfast

General Mills Cereal Bar

Lunch

Pasta with Toasted **Breadstick**

Tossed Salad

Fruit / Milk Choice

Breakfast

with Syrup

Cheese Pizza Crunchers

Baked Fries

Tuesday, October 31

Maple Waffle Bites

Lunch

Fruit / Milk Choice

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and stay home until your fever's been gone for at least 24 hours. That's a good boy.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!