



YOU'RE STILL GOOD™

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

First things First

BREAKFAST @SCHOOL

For first-class learning!

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



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 11

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



The current
record
for
the
world's
heaviest
pumpkin is
2702
pounds!

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

Tuesday, October 31

Breakfast

Maple Waffle Bites
with Syrup

Lunch

Cheese Pizza
Crunchers

Baked Fries

Fruit / Milk Choice

STAY!!!!!!

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!