





October 2023 Breakfast and Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Pop-Tarts--36, Cheese stick-1 apple slices-14</p> <p>L-Chicken n noodle-38.6 Mashed potatoes-10 Gravy6 Breaksticks-20 Green beans-8 Peaches-15 Rice crispy treat-28</p> <p>K GRANDPARENTS DAY</p>	<p>3 B-Pancakes-80 syrup-31, sausage patty-1, Applesauce-21</p> <p>L-Spaghetti-46 w/meat sauce-6 Garlic bread-15 Romaine salad w ranch-11 Peach oatmeal crisp-31 Pears-20</p> <p>1ST GRAND PARENTS DAY</p>	<p>4 B-Scrambled eggs-6, toast-13, Banana-19 L-Baked Sugar Glazed Ham-15 Au Gratin potaotes-25 Dinner Roll w/butter-23 Tossed salad w/ranch-18 Mix fruit-20 Honey Apple Crisp-31.06</p> <p>2ND GRANDPARENTS DAY</p>	<p>5 B-Biscuits & gravy43.9, sausage links-1, strawberry cup-7.7</p> <p>L-Cheese Tortellini-38.75 Meat Sauce—6 Garlic Bread-15 Romaine salad w/Italian dressing-18 Cinnamon applesauce Strawberry Short cake-41</p> <p>3RD GRANDPARENTS DAY</p>	<p>6 B-Cereal-21, yogurt-15, mandarin oranges-14 L-Salisbury Steak-15 Sliced Bead w/ butter-23 Green Beans-6 Pineapple-17 Pumpkin Chocolate chip cookies-36</p> <p>4TH GRANDPARENTS DAY</p>
<p>9</p>  <p>NO SCHOOL COLUMBUS DAY</p>	<p>10 B- French toast sticks-41 –Syrup-31 sausage patty1, applesauce-15</p> <p>L-Cheese Quesadilla-22 salsa-2 Red beans & rice-21 Sweet corn-15 Pears-20</p>	<p>11 B-Scrambled eggs-6, toast-13, pears-15</p> <p>L-Taco Salad consist: taco meat-3 tortilla chips-21 Cheese & lettuce cup-2 Salsa cup-2 Corn-17 mix fruit-20 Chocolate chip cookies-24</p>	<p>12 B-Biscuits & gravy43.9, sausage links-1, mixed fruit-20</p> <p>L-Grilled cheese sandwich-36 Chicken noodle soup-14 Saltine cracker-2.2 Applesauce-15</p>	<p>12 B-Nurti-grain bar-30 Apple slices-14, cheese stick-1</p> <p>L-pepperoni pizza rolls-30 Cheddar sun chips-19 Corn-15 Pineapples-17</p>
<p>16 B-Cereal-21, peanut butter & jelly on toast-55.4, apple slices-14</p> <p>L-Cheese tortellini-38.75 Spaghetti sauce-6 garlic bread-15 Romaine salad mix w/Italian dressing-18 peaches-15</p>	<p>17 B- Pancake & Sausage on a stick-20 Applesauce-15</p> <p>L-Popcorn Chicken-14 Mashed Potatos-10 Gravy-6 Green Beans-8 Pears-15 K</p>	<p>18 B-Banana Loaf-45, mandarin oranges-14, cheese stick-1</p> <p>L-Pizza burger-5 Open faces Bun-14 Steamed Mix Veggies-15 Mix Fruit-20 Brownie-21</p>	<p>19</p> <p>NO SCHOOL</p> 	<p>20</p> <p>NO SCHOOL</p>
<p>23 B-Chery Frudel-36 Apple Slices-14, Cheese Stick-1 L-Hamburger on Bun-26 Potato Wedges-21 Coleslaw-14 Peaches-15 K,M,P</p>	<p>24 B- French toast sticks,41 sausage patty-1, Banana-19 L-Corn Dog-27 Bake Beans-29.5 Carrots sticks-8 ranch-11 Pears 20 K,M</p>	<p>25 B-Scrambled eggs-6, toast-13, apple slices-14 L- Chili-19 Saltines-6 PB&J-55.4 Corn--17 Mix Fruit-20 Oatmeal cookie-24</p>	<p>26 B-Biscuits & gravy-43.9, sausage links-14, Banana-19</p> <p>L-Taco Consist: Taco Meat-3 Soft Tortilla Flour Bowl-25 Cheese and Lettuce cup-2 Salsa-2 Applesauce-15</p>	<p>27 B-Cereal-21, PB&J on toast-55.4 applesauce-15</p> <p>L-Sausage Pizza-34 Steamed Carrots-15 Cucumber Sticks- 0 Ranch cup-11 Pineapple-17</p>
<p>30 B-Breakfast sausage bagel, Mandarin oranges-14, Cheese Stick-1</p> <p>L-BBQ shredded Pork-10 Steamed Mix Viggies-14 Peahes-15</p>	<p>31 B-Pancake-80 syrup-31 applesauce-15 L-Nacho's with chips, cheese & meat-30 Green beans-6 Pears-15</p>		<p>CONDIMENTS +Carbs K-ketchup 2pkts – 2 T-tartar sauce 2pkts – 2 PR-pickle relish 2pkts -2 P-pickle slices 6 slices M-mustard 2pkts-0 BBQ-bbq sauce cups-10</p>	<p>Al Carte Menu-Cash Only Please Extra meal-\$2.65 Extra entrée-\$1.00 Extra side-\$.50 Extra salad dressing cups-\$.25 Milk-\$.35</p>

-- 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. Stewart 698-3604 .Please call me if you have any questions.

October 2023 Breakfast and Lunch