






# October 2022 Breakfast and Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B-Cereal, peanut butter & jelly on toast, pineapples  L-Chicken n noodles-28 Bread stick-15 - green beans-7 Mashed potatoes-10 gravy-6 Peaches-15  3	B-Pancakes w/syrup, sausage patty, peaches  L-Baked glazed ham-15 Au gratin potatoes-25 dinner roll-23 Romaine salad mix w/ranch dressing-11 - pears-20  4	B-Scrambled eggs, toast, pears  L-Cheese Tortellini-38.75 spaghetti sauce-6 - garlic bread-15 Romaine salad mix w/Italian dressing-18 Cinnamon applesauce-15 Honey apple crisp-31.06  5	B-Biscuits & gravy, sausage links, strawberry cup  L-Salisbury steak-15 Sliced bread-13 green beans-7 Mashed potatoes-10 gravy-6 Mandarin orange-20  6	B-Cereal, yogurt, mandarin oranges  L-Pasta-42 meat sauce-24 Garlic bread-15 Romaine salad mix w/ranch dressing-11 Sweet corn-15 pineapples-17  7
  <b>NO SCHOOL COLUMBUS DAY</b>  10	B-Maple French toast sticks, sausage patty, peaches  L-Cheese Quesadilla-22 salsa-2 Red beans & rice-21 Sweet corn-15 Pears-20  11	B-Scrambled eggs, toast, pears  L-Grilled cheese sandwich-36 Chicken noodle soup-8.5 Carrot sticks-8 Applesauce-15 Chocolate chip cookies-24  12	B-Biscuits & gravy, sausage links, mixed fruit  L-Tenderloin-24 bun-26 Au gratin potatoes-25 Mandarin oranges-20  13 <b>K,M,P</b>	B-Cereal, breakfast bacon scramble, mandarin oranges  L-Cheese pizza-30 Potato rounds-21 Celery stick-0 peanut butter cup-7 Pineapples-17  14 <b>K</b>
B-Cereal, peanut butter & jelly on toast, pineapples  Beef patty-0 bun-26 Potato wedges-21 Coleslaw-14 Peaches-15 17 <b>K,M,P</b>	B-Pancakes w/syrup, sausage patty, peaches  L-Beef & bean burrito-35 salsa-2 Spanish rice-21 Sweet corn-17 Watermelon-25  18	B-Scrambled eggs, jelly on biscuit, pears  L-Beef & cheese ravioli-36 Garlic bread-15 sweet peas-15 Applesauce-15 Brownies w/powder sugar-21  19	<div style="text-align: center;">   <b>NO SCHOOL</b> </div> 20	<div style="text-align: center;">   <b>NO SCHOOL</b> </div> 21
B-Cereal, peanut butter & jelly on toast, pineapple  L-Meatball-4 cheese-0 marinara sauce-7 bun-26 Potato rounds-21 Peaches-15 24 <b>K</b>	B-Maple French toast sticks, sausage patty, peaches  L- <b>Taco salad consist</b> -taco meat-3 Crushed tortilla chips-21 cheese & lettuce cup-2, salsa cup-2 Sweet corn-15 pears-20  25	B-Scrambled eggs, toast, pears  L-Chili-19 - carrot sticks-8 Peanut butter & jelly sandwich-55.4 Applesauce-15 Oatmeal cookie-24  26	B-Biscuits & gravy, sausage links, applesauce  L-Chicken Al fredo-30 Bread stick-15 Mashed potatoes-10 gravy-6 Mandarin oranges-20  27	B-Cereal, breakfast sausage pizza, mandarin oranges  L-Bosco cheese stick-26 Marinara sauce-2 oven fries-21 Green beans-7 Pineapples-17  28 <b>K</b>
B-Cereal, peanut & jelly on toast, peaches  L-Chicken nuggets-14 Bread slice-13 Oven fries-21 peaches-15  31 <b>K,BBQ</b>			<b>CONDIMENTS +Carbs</b> <b>K</b> -ketchup 2pkts – 2 <b>T</b> -tarter sauce 2pkts – 2 <b>PR</b> -pickle relish 2pkts -2 <b>P</b> -pickle slices 6 slices <b>M</b> -mustard 2pkts-0 <b>BBQ</b> -bbq sauce cups-10	<b>Al Carte Menu-Cash Only Please</b> Extra meal-\$2.55 Extra entrée-\$1.00 Extra side-\$.50 Extra salad dressing cups-\$.25 Milk-\$.35

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