

School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
October 5 - 9	Breakfast: Oatmeal w/ a side of Banana slices	Breakfast: Cereal w/ strawberries	Breakfast: French toast sticks w/fruit	Breakfast: Scrambled Eggs w/cheese & apple slices	Breakfast: Pancake w/ fruit
	Snack #1: Applesauce, string cheese	Snack #1: Poppables, Gogurt	Snack #1: Goldfish, apple slices & water	Snack #1: Applesauce w/vanilla wafers	Snack #1: Gogurt w/Chex mix
	Lunch: Taco Casserole	Lunch: Fish sticks w/ Broccoli & peaches	Lunch: Pasta w/Butter & Cheese, garlic bread	Lunch: Hot dog w/chips & watermelon	Lunch: Chicken strips w/ tater tots & Mixed Veggies
	Snack #2: Fruit Cups, chips	Snack #2: Jell-O, banana	Snack #2: Strawberries, graham crackers	Snack #2: Goldfish, apple slices	Snack #2: Pudding Cup w/apples
	Dinner: Chicken w/Broccoli and salad	Dinner: Baked chicken w/corn & mashed potato	Dinner: Quesadillas w/ rice & beans	Dinner: Spaghetti w/ Protein Balls a side of garlic bread	Dinner: Breakfast for Dinner (Eggs, Bacon, Waffles)

*Breakfast is served at 7:00am & 8:30am / Dinner – 4:30pm

*menu is subject to change

School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
October 12 - 16	<p>Breakfast: Pancakes w/ Strawberries</p> <p>Snack #1: Graham Crackers w/applesauce</p> <p>Lunch: Chicken Cheese Quesadillas w/ beans</p> <p>Snack #2: Hummus /carrots</p> <p>Dinner: Lasagna w/a side green salad & bread</p>	<p>Breakfast: Scrambled Eggs, hash browns & sausage</p> <p>Snack #1: Fruit loops w/banana</p> <p>Lunch: Chicken Strips/Nuggets w/ French Fries & strawberries</p> <p>Snack #2: Pudding w/graham crackers</p> <p>Dinner: Grilled Cheese</p>	<p>Breakfast: Waffles & sausage</p> <p>Snack #1: Granola Bars w/ Jell-O</p> <p>Lunch: Chicken Alfredo</p> <p>Snack #2: Sliced Fruit w/cool whip</p> <p>Dinner: Zucchini Noodles w/marinara sauce</p>	<p>Breakfast: Biscuits & gravy</p> <p>Snack #1: Poppables w/pudding</p> <p>Lunch: Tacos with beans</p> <p>Snack #2: Fig Newtons w/apples</p> <p>Dinner: Veggie Patties w/ roasted potatoes & Green Beans</p>	<p>Breakfast: Egg McMuffins</p> <p>Snack #1: Pretzel Sticks w/cheese</p> <p>Lunch: Meatball subs</p> <p>Snack #2: Blueberries w/goldfish</p> <p>Dinner: Beef Tacos w/ a side of rice & beans</p>

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School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
October 19-23	Breakfast: Pancakes w/strawberries & eggs	Breakfast: Scrambled Eggs w/ cheese & a side of apple slices	Breakfast: Oatmeal w/ Sliced Strawberries	Breakfast: French Toast Stick w/ Blueberries	Breakfast: English Muffins w/ sliced banana & sunflower butter
	Snack #1: Peaches w/cheese stick	Snack #1: Fig Newtons w/Gogurt	Snack #1: Veggie Straws w/banana	Snack #1: Sliced Pears w/Chex mix	Snack #1: Pretzel Sticks w/apples & sunflower butter
	Lunch: Chicken Strips w/ mixed veggies	Lunch: Butter & Cheese pasta w/ peas & bread	Lunch: Lasagna w/bread	Lunch: Fried Rice w/ apples	Lunch: Fish Sticks w/roasted potatoes & rice
	Snack #2: Pudding/crackers	Snack #2: Jell-O w/string cheese	Snack #2: Yogurt w/oranges	Snack #2: Fruit Cups w/club crackers	Snack #2: Sliced Peaches w/cheese
	Dinner: Beef Tacos w/ a side of rice & beans	Dinner: Pizza	Dinner: Chili w/side of bread	Dinner: Chicken Nuggets w/ French Fries & Vegetables	Dinner: Baked chicken w/corn & mashed potato

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School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
October 26 - 30	<p>Breakfast: Spinach Egg Burritos</p> <p>Snack #1: Club Crackers w/cheese</p> <p>Lunch: Grilled Cheese w/ham & yogurt</p> <p>Snack #2: Rice Crispy w/oranges</p> <p>Dinner: Chicken burritos w/ Rice & beans</p>	<p>Breakfast: Oatmeal or cereal w/sliced peaches</p> <p>Snack #1: Wheat Thins w/hummus & grapes</p> <p>Lunch: Chicken Nuggets w/ Broccoli & Carrots</p> <p>Snack #2: Applesauce w/granola bar</p> <p>Dinner: Lasagna w/garlic bread</p>	<p>Breakfast: Waffle Sticks & Hash browns</p> <p>Snack #1: Chips w/refried beans</p> <p>Lunch: Mac & Cheese w/ hotdogs</p> <p>Snack #2: Pear Slices w/trail mix</p> <p>Dinner: Breakfast for Dinner – Pancakes eggs and bacon</p>	<p>Breakfast: Cereal w/ toast</p> <p>Snack #1: Jell-O w/banana</p> <p>Lunch: Fish Sticks w/ Rice & Mixed Vegetables</p> <p>Snack #2: Strawberry w/chips</p> <p>Dinner: Hamburgers and fries</p>	NO SCHOOL

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School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
November 1- 6	<p>Breakfast: Oatmeal w/ a side of Banana slices</p> <p>Snack #1: Applesauce, string cheese</p> <p>Lunch: Taco Casserole</p> <p>Snack #2: Fruit Cups, chips</p> <p>Dinner: Mac N' Cheese w/ Broccoli</p>	<p>Breakfast: Cream of Wheat w/blueberries</p> <p>Snack #1: Poppables, Gogurt</p> <p>Lunch: Chicken nuggets & fruit cup</p> <p>Snack #2: Jell-O, banana</p> <p>Dinner: Breakfast for Dinner (Eggs, Bacon, Waffles)</p>	<p>Breakfast: French toast sticks w/fruit</p> <p>Snack #1: Goldfish, apple slices & water</p> <p>Lunch: Taco Casserole w/tortillas</p> <p>Snack #2: Strawberries, graham crackers</p> <p>Dinner: Quesadillas w/ rice & beans</p>	<p>Breakfast: Scrambled Eggs w/cheese & apple slices</p> <p>Snack #1: Wheat Thins w/hummus & blueberries</p> <p>Lunch: Pizza w/garlic bread</p> <p>Snack #2: Goldfish, apple slices</p> <p>Dinner: Spaghetti w/ Protein Balls a side of garlic bread</p>	<p>Breakfast: Pancake w/fruit</p> <p>Snack #1: Fruit w/cool whip</p> <p>Lunch: Chicken strips w/ Potatoes & Mixed Veggies</p> <p>Snack #2: Pudding Cup w/apples</p> <p>Dinner: Bacon & Swiss Chicken Sandwiches</p>

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School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
November 9-13	<p>Breakfast: Pancakes w/ Strawberries</p> <p>Snack #1: apples w/Graham Crackers</p> <p>Lunch: Cheese Quesadillas w/ Chicken Noodle soup</p> <p>Snack #2: Goldfish, apple slices</p> <p>Dinner: Lasagna w/a side green salad & bread</p>	<p>Breakfast: Fruit Parfaits w/ granola</p> <p>Snack #1: Fruit loops w/granola bar</p> <p>Lunch: Chicken Nuggets w/ French Fries & Veggies</p> <p>Snack #2: Sliced Pears w/cheese</p> <p>Dinner: Hamburger w/ fries</p>	<p>Breakfast: Scrambled Eggs w/ cheese & apples</p> <p>Snack #1: Sliced Fruit w/cool whip</p> <p>Lunch: Butter & Cheese pasta w/ peas & carrots</p> <p>Snack #2: Jell-O w/banana</p> <p>Dinner: Quesadillas w/ a side of rice & beans</p>	<p>Breakfast: Assorted Muffins w/ yogurt</p> <p>Snack #1: Pudding Cup w/apples</p> <p>Lunch: Grilled sandwiches w/tomato soup</p> <p>Snack #2: Fig Newtons w/Gogurt</p> <p>Dinner: Veggie Patties w/ roasted potatoes & Green Beans</p>	<p>Breakfast: oatmeal w/ sliced fruit</p> <p>Snack #1: Pretzel Sticks w/apples & sunflower butter</p> <p>Lunch: Fish Sticks w/ sweet potatoes & Vegetables</p> <p>Snack #2: Sliced Fruit w/cool whip</p> <p>Dinner: Beef Tacos w/ a side of rice & beans</p>

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