

October-2017					
Served Daily BREAKFAST- PK Monday-cereal-toast- Tuesday-yogurt-toast- Wednesday-cereal-toast- Thursday- pancake-syrup- Friday-cereal toast-SERVED DAILY with Breakfast-, juice, 1% low fat white milk-half cup fruit <b>BREAKFAST K-8th</b> - Choice of Entrée', cereal, fruit, toast, raisins, juice, 1% low fat white milk, or Fat free Chocolate milk. Must take at least 3 items one being a fruit or juice, to be reimbursable meal. <b>LUNCH- PK</b> - Choice of Entree' and all sides including 1% low fat white milk- <b>LUNCH -K- 8th</b> Choice of Entree' or Sub, baked chips, 1/2 cup fruit, fat free mayo, mustard, with sides. Must take at least 3 items one being a fruit or juice, to be a reimbursable meal. Fat free chocolate milk, 1% low fat white milk OFFERED DAILY- half cup of veggies (carrots, 1 oz fat free ranch)	Monday	Tuesday	Wednesday	Thursday	Friday
	2 Breakfast-Muffin- fruit Lunch-Smothered steak- potatoes-carrots-bread- fruit	3 Breakfast-Yogurt & grahams-fruit Lunch-Corndog-tater tots- ketchup-mustard-baked beans fruit	4 Breakfast-Biscuit & sausage-fruit Lunch- BBQ Rib-- scalloped potatoes- bread-fruit jello	5 Breakfast-Pancakes- syrup-fruit Lunch-Pizza-salad-ranch- green beans-fruit	6 Breakfast-Burrito- fruit- salsa Lunch- Hot dog-tater tots- ketchup-relish-mustard- fruits
	9 Breakfast-Pancake on a stick-fruit Lunch- Nachos-pinto beans- salsa-salad-ranch-fruit	10 Breakfast-Scrambled eggs-fruit Lunch- Chicken nuggets- mac&cheese-glazed carrots-bread-ketchup- fruit	11 Breakfast-Donut-fruit Lunch-Smothered steak- rice-peas-fruit-bread	12 Breakfast-Pizza-fruit Lunch-Ravoli-garlic toast- broccoli &cheese fruit- jello	13 Breakfast- Oatmeal fruit Lunch-Cheeseburger fries- ketchup-mayo- mustard- lettuce &tomato-fruit
	16 Breakfast- Biscuit sausage-fruit Lunch-Beef soft taco- beans-salad-cheese-fruit	17 Breakfast-Muffin-fruit Lunch-Egg roll-fried rice- mixed vegetable-sweet &sour sauce-fruit	18 Breakfast-Pancakes syrup-fruit Lunch-Corndog-tater tots-ketchup-baked beans-mustard-fruit	19 Breakfast-Yogurt & grahams-fruit Lunch-Roasted chicken potatoes-green beans- bread-fruit-jello	20 Breakfast-Scrambled eggs-toast-fruit Lunch-Chick-on a bun- chips mayo-salad-ranch- fruit
	23 Breakfast-Burrito- fruit Lunch-Chicken fried steak-potatoes-gravy- bread-fruit	24 Breakfast-Pancake-on a stick-syrup-fruit Lunch- Spaghetti-garlic toast- peas-fruit	25 Breakfast-Pizza-fruit Lunch-Chicken nugget mac&cheese-glazed carrots-bread-ketchup	26 Breakfast-Muffin-fruit Lunch-Pizza-corn-salad ranch-fruit	27 Breakfast-Donut-fruit Lunch-Cheeseburger-fries- ketchup-mayo-mustard- lettuce & tomato- fruit
	30 Breakfast-Scrambled eggs-fruit Lunch- Nachos-salad-ranch- pinto beans- fruits	31 Breakfast-Guts & bugs- eyeballs Lunch- Brains on a bun-knuckles & bloody sauce-jiggly guts			
					