

OCTOBER 2024

BREAKFAST



All meals include a choice of white or chocolate milk. This institution is an equal opportunity provider. Menu is subject to change due to supply Shortage.



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu card for Monday.

Scrambled egg w/bacon **1**
Banana bread
Grapes
Juice
Milk

Breakfast pizza **2**
Tropical fruit
Juice
Milk

Biscuit & sausage gravy **3**
Yogurt & granola
Banana
Juice
Milk

Breakfast burrito **4**
Mandarin oranges
Juice
Milk

Blueberry muffins **7**
Yogurt & granola
Pears
Juice
Milk

Omelette **8**
Bacon
Toast
Pineapple
Juice / Milk

Pancake on a stick **9**
Cheese stick
Peaches
Juice
Milk

Biscuit & sausage gravy **10**
Yogurt & granola
Applesauce
Juice
Milk

Breakfast casserole **11**
English muffin
Fruit cocktail
Juice
Milk

Combo bar **14**
Yogurt & granola
Apple slices
Juice
Milk

Scrambled egg w/sausage **15**
Chocolate bread
Mandarin oranges
Juice / Milk

Chicken biscuit **16**
Hash brown
Yogurt & granola
Strawberries
Juice / Milk

Biscuit & sausage gravy **17**
Yogurt & granola
Banana
Juice
Milk

NO SCHOOL **18**

NO SCHOOL **21**

Sausage, egg, cheese **22**
English muffin
Fruit cocktail
Juice
Milk

Waffle **23**
Sausage patty
Pineapple
Juice
Milk

Biscuit & sausage gravy **24**
Yogurt & granola
Peaches
Juice
Milk

Breakfast casserole **25**
English muffin
Tropical fruit
Juice
milk

Cereal **28**
Cheese stick
Pears
Juice
Milk

Scrambled egg w/ham **29**
Toast
Strawberries
Juice
Milk

Donuts **30**
Yogurt & granola
Mandarin oranges
Juice
Milk

Biscuit & sausage gravy **31**
Yogurt & granola
Applesauce
Juice
Milk



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LUNCH



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October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Beef Stroganoff – HS **1**
Fish sticks - ES
Peas / Carrots
Roll
Pineapple
Milk

Walking taco **2**
Brown rice
Salad mix
Strawberry ice cup
Milk

Beef stew **3**
Cornbread
Celery
Watermelon ice cup
Milk

Chicken fajita **4**
Fajita mix
Ranch beans
Peaches
Milk

Tater tot casserole **7**
Breadstick
Salad mix
Mandarin oranges
Milk

Orange chicken **8**
Egg roll
Stir fry
Fried rice
Tropical fruit
Milk

Roast w/ gravy **9**
Mashed potatoes
Green beans
Roll
Applesauce
Milk

Pizza **10**
Salad mix
Carroteenies
Ranch beans
Slushies
Milk

Chicken pot pie **11**
Wg biscuits
Celery
Peaches
Milk

Sloppy joes **14**
Okra
Sweet potato fries
Ornages
Milk

Nachos w/ salsa **15**
Cauliflower
Ranch beans
Fruit cocktail
Milk

Chicken spaghetti **16**
Salad mix
Breadsticks / Peas
Berry ice cups
Milk

Little smokies **17**
Mac'n'cheese
Roll / Corn
Pineapple
Milk

NO SCHOOL **18**

NO SCHOOL **21**

BBQ chicken **22**
Mashed potatoes
Green beans
Roll
Pears / Milk

Frito chili pie **23**
Brown rice
Carroteenies / Celery
Blackcherry ice cup
Milk

Beef tips w/ gravy **24**
Brown rice
Yams / Broccoli
Oranges
Milk

Pulled pork **25**
Baked beans
Cole slaw
Corn
Peaches / Milk

Smothered chicken **28**
Au gratin Potatoes
Roll / Peas
Apple slices
Milk

Chili dogs / Pickle spear **29**
Salad mix
Sweet potato fries
Applesauce
Milk

Cheeseburger / L,T,C **30**
Tater tots
Baked beans
Strawberry ice cup
Milk

Beef enchilada **31**
Carrots
Celery
Peaches
Milk

