

OCTOBER MENU

30 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Mac & Cheese, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Waffles w/syrup, Turkey Sausage Link, Milk Lunch: Turkey & Cheese Sandwich, Veggies, Fruit Snack: Graham Crackers & Sliced Cheese	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Spanish Rice w/ Black Beans, Fruit, Milk Snack: Nilla Wafers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Tater Tots, Fruit, Milk Snack: Bananas
7	8	9	10	11
Breakfast: Cereal, Fruit, & Milk Lunch: Sloppy Joe w/ground beef, on a bun, Salad w/dressing, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Baked Ziti, Fruit, Milk Snack: Chocolate Chip Cookies	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Grilled Cheese, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken, Broccoli & Rice Casserole, Fruit, Milk Snack: Animal Crackers	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Fish Sticks, Mashed Potatoes, Fruit, Milk Snack: Nutrigrain Bars
14	15	16	17	18
Breakfast: Cereal, Fruit, & Milk Lunch: Breaded Chicken Patty, Vegetables, Fruit, Milk Snack: Goldfish	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: BBQ Meatballs, Rice, Fruit, Milk Snack: Apple Sauce	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Meatless Spaghetti, Veggies, Fruit, Milk Snack: Graham Crackers	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken Stroganoff w/ Rotini pasta, Fruit, Milk Snack: Nilla Wafers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Cheeseburgers, Veggies, Fruit, Milk Snack: Bananas
21	22	23	24	25
Breakfast: Cereal, Fruit, & Milk Lunch: Pasta Marinara, Vegetables, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Orange Wedges, Milk Lunch: Black Beans, Rice, Veggies, Fruit, Milk Snack: Animal Crackers	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Fish Sticks, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Salisbury Steak, Rice, Fruit, Milk Snack: Chex Mix	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Fruit, Milk, Snack: Blueberry Muffins
28	29	30	31	
Breakfast: Cereal, Fruit, & Milk Lunch: Spanish Rice w/Beans, Vegetables, Fruit, Milk Snack: Yogurt	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Parmesan Chicken, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: BBQ Chicken, Rice, Fruit, Milk Snack: Graham Crackers	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Mac & Cheese, Veggies, Fruit, Milk Snack: Blueberry Muffins	



Menu Subject to Change

When large amounts of snacks remain, the same snacks will be served the next day to avoid excess waste.

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Tater Tots, Fruit, Milk Snack: Bananas
4	5	6	7	8
Breakfast: Cereal, Fruit, & Milk Lunch: Sloppy Joe w/ground beef, on a bun, Salad w/dressing, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Baked Ziti, Fruit, Milk Snack: Chocolate Chip Cookies	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Grilled Cheese, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken, Broccoli & Rice Casserole, Fruit, Milk Snack: Animal Crackers	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Fish Sticks, Mashed Potatoes, Fruit, Milk Snack: Nutrigrain Bars
11	12	13	14	15
Breakfast: Cereal, Fruit, & Milk Lunch: Breaded Chicken Patty, Salad w/dressing, Fruit, Milk Snack: Goldfish	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: BBQ Meatballs, Rice, Fruit, Milk Snack: Apple Sauce	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Meatless Spaghetti, Veggies, Fruit, Milk Snack: Graham Crackers	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken Stroganoff w/Rotini pasta, Fruit, Milk Snack: Nilla Wafers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Cheeseburgers, Veggies, Fruit, Milk Snack: Bananas
18	19	20	21	22
Breakfast: Cereal, Fruit, & Milk Lunch: Pasta Marinara, Salad w/dressing, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Orange Wedges, Milk Lunch: Black Beans, Rice, Veggies, Fruit, Milk Snack: Animal Crackers	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Fish Sticks, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Salisbury Steak, Rice, Fruit, Milk Snack: Chex Mix	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Fruit, Milk, Snack: Blueberry Muffins
25	26	27	28	29
Breakfast: Cereal, Fruit, & Milk Lunch: Spanish Rice w/Beans, Salad w/dressing, Fruit, Milk Snack: Yogurt	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Parmesan Chicken, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: BBQ Chicken, Rice, Fruit, Milk Snack: Graham Crackers	No School Happy Thanksgiving	



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DECEMBER MENU

2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
Breakfast: Cereal, Fruit, & Milk Lunch: Shepherd's Pie, Sweet Peas, Fruit, Milk Snack: Goldfish	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Mac & Cheese, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Waffles w/syrup, Turkey Sausage Link, Milk Lunch: Turkey & Cheese Sandwich, Veggies, Fruit Snack: Graham Crackers & Sliced Cheese	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Spanish Rice w/ Black Beans, Fruit, Milk Snack: Nilla Wafers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Tater Tots, Fruit, Milk Snack: Bananas
9	10	11	12	13
Breakfast: Cereal, Fruit, & Milk Lunch: Sloppy Joe w/ground beef, on a bun, Salad w/dressing, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Baked Ziti, Fruit, Milk Snack: Chocolate Chip Cookies	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Grilled Cheese, Veggies, Fruit, Milk Snack: Cheez Its	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken, Broccoli & Rice Casserole, Fruit, Milk Snack: Animal Crackers	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Fish Sticks, Mashed Potatoes, Fruit, Milk Snack: Nutrigrain Bars
16	17	18	19	20
Breakfast: Cereal, Fruit, & Milk Lunch: Breaded Chicken Patty, Salad w/dressing, Fruit, Milk Snack: Goldfish	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: BBQ Meatballs, Rice, Fruit, Milk Snack: Apple Sauce	Breakfast: Waffles w/Syrup, Turkey Sausage Link, Milk Lunch: Meatless Spaghetti, Veggies, Fruit, Milk Snack: Graham Crackers	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Chicken Stroganoff w/ Rotini pasta, Fruit, Milk Snack: Nilla Wafers	Breakfast: French Toast w/Syrup, Fruit, Milk Lunch: Cheeseburgers, Veggies, Fruit, Milk Snack: Bananas
23	24	25	26	27
Breakfast: Cereal, Fruit, & Milk Lunch: Pasta Marinara, Salad w/dressing, Fruit, Milk Snack: Ritz Crackers & String Cheese	Breakfast: Scrambled Eggs, Toast w/Jam, Orange Wedges, Milk Lunch: Black Beans, Rice, Veggies, Fruit, Milk Snack: Animal Crackers	No School Merry Christmas	Breakfast: Scrambled Eggs, Blueberry Muffin, Milk Lunch: Salisbury Steak, Rice, Fruit, Milk Snack: Chex Mix	Breakfast: Pancakes w/Syrup, Fruit, Milk Lunch: Chicken Nuggets, Mashed Potatoes, Fruit, Milk, Snack: Blueberry Muffins
30	31			
Breakfast: Cereal, Fruit, & Milk Lunch: Spanish Rice w/Beans, Salad w/dressing, Fruit, Milk Snack: Yogurt	Breakfast: Scrambled Eggs, Toast w/Jam, Fruit, Milk Lunch: Parmesan Chicken, Veggies, Fruit, Milk Snack: Cheez Its			



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