

OCTOBER MENUS

Oct 2-6	
Monday	Sausage Gravy over WG Biscuits OR WG Cereal/WG Biscuit, Fruit/Juice, Milk Sloppy Joes, Corn, FF and/or Swt. FF, Pears
Tuesday	Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk Nachos w/ Cheese Sauce or Bean Dip, Green Beans, Celery w/ PB, Mandarin Oranges
Wednesday	WG French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk Vegetable Beef Soup, Romaine Lettuce Salad, WG Cheese Breadstick, Applesauce
Thursday	WG Cereal, WG Toast, Fruit/Juice, Milk Hot Dog On WG Bun, Broccoli w/ Cheese, Baked Beans, Pineapple Tidbits
Friday	Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk Chicken Gravy over WG Biscuits or WG Bread, Peas, Peaches
Oct 9-13	
Monday	Toaster Pastry, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk Ham Patty on WG Bun, Green Beans, Tator Gems and/or Swt. Tator Gems, Pears
Tuesday	Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk Tacos, Peas, Celery w/ PB, Pears
Wednesday	Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk Hamburger, FF and/or Swt. FF, Tomatoes, Pineapple Tidbits
Thursday	WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk Chicken Noodle Soup, PB&J Sandwich, Romaine Lettuce Salad, Mandarin Oranges
Friday	WG Cereal, WG Toast, Fruit/Juice, Milk Pizza, Corn, Black Bean Salad, Peaches
Oct 16-20	
Monday	WG Cereal, WG Toast, Fruit/Juice, Milk Chicken Teriyaki, WG Rice, Peas, Peaches
Tuesday	WG French Toast Sticks OR WG Cereal/WG Muffin, Fruit/Juice, Milk Tomato Soup, Cheese Sandwich, Romaine Lettuce Salad, Applesauce
Wednesday	Breakfast Burrito OR WG Cereal/WG Muffin, Fruit/Juice, Milk Salisbury Steak, Corn, WG Breadsticks, Pears
Thursday	Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk Goulash, Green Beans, WG Dinner Roll w/ Jelly, Mixed Fruit
Friday	Oatmeal OR WG Cereal/WG Muffin, Fruit/Juice, Milk Chicken Nuggets, Mashed Potatoes w/ Gravy, Mixed Vegetables, Pineapple Tidbits
Oct 23-27	
Monday	Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk BBQ Rib Patty on WG Bun, Corn, Macaroni Salad, Peaches
Tuesday	WG Cereal, WG Toast, Fruit/Juice, Milk Submarines on WG Bun, FF and/or Swt. FF, Peas, Mandarin Oranges
Wednesday	WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk Chili Soup w/ Cheese, Cinnamon Roll, Romaine Lettuce Salad, Pineapple Tidbits
Thursday	Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk Potato Bake, Ham Salad or Tuna Salad Sandwich, String Cheese, Pears
Friday	NO SCHOOL - FALL BREAK
Oct 30-31	
Monday	WG Pancake & Sausage on a Stick OR WG Cereal/WG Muffin, Fruit/Juice, Milk Chicken Patty on WG Bun, Mashed Potatoes w/ Gravy, Corn, Peaches
Tuesday	Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk Mini Corn Dogs, Baked Beans, FF and/or Swt. FF, Pineapple Tidbits