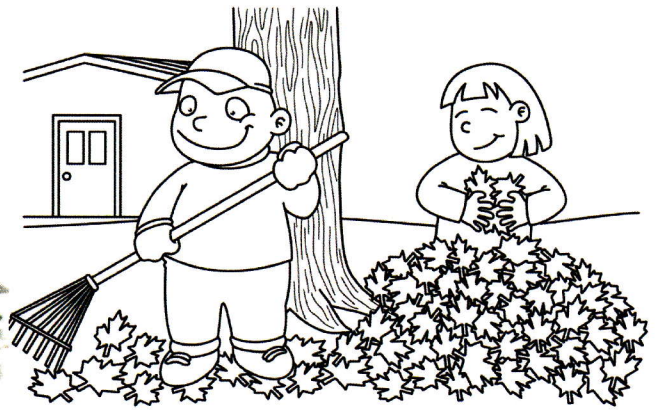


# OCTOBER 2014 MENUS



Monday

Tuesday

Wednesday

Thursday

Friday

| <p><i>Menus subject to change without notice.</i></p> <p><i>USDA is an equal opportunity provider and employer</i></p>                                        | <p><i>Milk served every meal.</i></p> <p><i>A variety of fruits and vegetables are offered with every meal.</i></p>                             | <p><b>1</b> B-WG Pancakes, Sausage or Cereal/ Sausage, fruit/juice, milk L-Chicken Gravy Over WG Biscuits or WG Bread, peas, applesauce</p>                     | <p><b>2</b> B-Egg Taco, or Cereal/WG Muffin, fruit, milk L- Nachos w/cheese sauce or bean dip, green beans, celery w/peanut butter, peaches</p>     | <p><b>3</b> B-Breakfast Pizza or Cereal/WG Muffin, juice, milk L- Spaghetti, romaine lettuce salad, wg garlic bread, mixed fruit</p>                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>6</b> B-Breakfast Bar or Cereal/WG Muffin, juice, milk L-Pork Chop Patty, mashed potatoes w/gravy, green beans, pineapple</p>                           | <p><b>7</b> B-Yogurt Parfait or Cereal/WG Muffin, fruit, milk L-Tacos, peas, celery w/peanut butter, peaches</p>                                | <p><b>8</b> B-Cereal, WG Toast, juice, milk L-Mini Corn Dogs, peas, baked beans, pears</p>                                                                      | <p><b>9</b> B-Waffles, Sausage or Cereal/Waffle, fruit, milk L-Chicken Noodle Soup, pb &amp; jelly sandwich, romaine lettuce salad, mixed fruit</p> | <p><b>10</b> B-Omelet, WG Toast or Cereal/WG Toast, juice, milk</p> <p>L-Sloppy Joes on WG Bun, Ca. blend vegetables, ff and/or swt. ff, peaches</p>                |
| <p><b>13</b> B-Sausage Gravy Over WG Biscuits or Cereal/WG Biscuit, fruit, milk L-Vegetable Beef Soup, romaine lettuce salad, wg cheese breadstick, pears</p> | <p><b>14</b> B-Egg Taco or Cereal/WG Muffin, fruit, milk</p> <p>L-Submarines, corn, gelatin, applesauce</p>                                     | <p><b>15</b> B-Pancake &amp; Sausage on Stick or Cereal/WG Muffin, juice, milk L-Fish, ff and/or swt. ff, coleslaw, peaches</p>                                 | <p><b>16</b> B - Cereal, WG Toast, fruit, milk</p> <p>L-Chicken Fajita, peas, rice, mixed fruit</p>                                                 | <p><b>17</b></p> <p><b>NO SCHOOL</b></p> <p><b>Fall Break</b></p>                                                                                                   |
| <p><b>20</b> B-Yogurt Parfait or Cereal/WG Muffin, juice, milk L-Chicken Patty on WG Bun, mashed potatoes w/ gravy, corn, applesauce</p>                      | <p><b>21</b> B-Omelet, WG Toast or Cereal/WG Toast, fruit, milk</p> <p>L-Chili Soup w/cheese, cinnamon roll, romaine lettuce salad, peaches</p> | <p><b>22</b> B-French Toast Sticks or Cereal/WG Muffin, juice, milk</p> <p>L-Potato Bake, ham salad or tuna salad sandwich, string cheese, mandarin oranges</p> | <p><b>23</b> B-Cinnamon Roll or Cereal/WG Muffin, fruit, milk</p> <p>L-Hamburger on WG Bun, ff and/or swt. ff, tomatoes, pineapple</p>              | <p><b>24</b> B-Cereal, WG Toast, juice, milk</p> <p>L-Goulash, green beans, wg dinner roll w/jelly, mixed fruit</p>                                                 |
| <p><b>27</b> B-Cereal, WG Toast, juice, milk L-Ham Patty on WG Bun, Broccoli w/cheese, tator gems and/or swt. tator gems, peaches</p>                         | <p><b>28</b> B-WG Pancakes, Sausage or Cereal/ Sausage, fruit, milk L-Chicken Nuggets, mashed potatoes w/ gravy, corn, mandarin oranges</p>     | <p><b>29</b> B-Snack Bar or Cereal/WG Muffin, juice, milk</p> <p>L-Pizza, green beans, romaine lettuce salad, applesauce</p>                                    | <p><b>30</b> B-Scrambled Eggs, WG Toast or Cereal/ WG Toast, fruit, milk</p> <p>L-Tomato Soup, cheese sandwich, romaine lettuce salad, pears</p>    | <p><b>31</b> B-Tombstones, Hog Snout or Crispy Critters/Hog Snout, Blood of Dracula, Witches Brew L-Vampire in a Coffin, Gremlin Goo, mini eyeballs, brain bits</p> |