

October 2019

Type Your School Name Here

BREAKFAST



All meals include a choice of non-fat or 1% milk. This institution is an equal opportunity provider.



Nutrition Tip: Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off
Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

1

Breakfast Soft Taco
Salsa
Peaches
Juice
Milk

Mini Strawberry & Cream
Cheese Bagel
Yogurt cup
Pineapple Tidbits
Juice
Milk

Biscuit & Sausage Gravy
Banana
Juice
Milk

Pancake on a Stick
Orange Slices
Juice
Milk

7
Ham & Egg Biscuit
Mandarin Oranges
Juice
Milk

8
Scrambled Eggs
Sausage Links
Toast With Jelly
Pears
Juice
Milk

9
Cinnamon Roll
Yogurt Cup
Tropical Fruit
Juice
Milk

10
Breakfast Burrito
Salsa
Banana
Juice
Milk

11
Mini Blueberry Waffle
Sausage Patty
Orange Slices
Juice
Milk

14
Grilled Cheese Sand
Peaches
Juice
Milk

15
Breakfast Combo Bar
Hashbrowns
Biscuit with Jelly
Apple Sauce
Juice
Milk

16
Frosted Mini Wheats
Yogurt Cup
Pineapple Tidbits
Juice
Milk

17
French Toast Sticks
Sausage Patty
Banana
Juice
Milk

18
No School-Fall Break

21
No School

22
No School

23
Breakfast Muffin
Yogurt Cup
Mandarin Oranges
Juice
Milk

24
Biscuit & Sausage Gravy
Banana
Juice
Milk

25
Pancake on a Stick
Orange Slices
Juice
Milk

28
Breakfast Pizza
Fruit Cocktail
Juice
Milk

29
Ham & Egg Biscuit
Pears
Juice
Milk

30
Mini Pancakes
Yogurt Cup
Peaches
Juice
Milk

31
Breakfast Soft Taco
Salsa
Tropical Fruit
Juice
Milk





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Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

[Empty Lunch Box]

Pig in A Blanket
Tater Tots
Baked Beans
Fruit Cocktail
Milk **1**

Salisbury Steak & Gravy
Seasoned Rice
Glazed Carrots
Pears
Milk **2**

Pepperoni Pizza
Mixed Salad with Spinach
Italian Green Beans
Fresh Grapes
Milk **3**

Sub Sandwich
Leafy Lettuce & Pickles
Broccoli Salad
Potato Chips
Apple Slices
Milk **4**

Sloppy Joes
Baked French Fries
Mixed Vegetables
Peaches **7**

Creamed Chicken
Mashed Potatoes
Corn
Hot Rolls
Fruit Cocktail
Milk **8**

Early Release Day
Uncrustables
Carrot Sticks
Doritos
Rice Crispy Treats
Apple Slices & Milk **9**

Beef Stew
Corn Bread
Fresh Broccoli
Fresh Grapes
Milk **10**

Fish Sandwich
With Tartar Sauce
Leafy Lettuce
Ranch Style Beans
Apple Slices
Milk **11**

Chicken Fajitas
Hominy
Cooked Broccoli
Mandarin Oranges
Milk **14**

Chili Cheese Dog
Potato Wedges
Pea Salad
Tropical Fruit **15**

Chicken Queso Pizza
Romaine Salad
Black-eyed Peas
Pears
Milk **16**

Meatloaf
Mashed Potatoes & Gravy
Green Beans
Hot Roll
Fresh Grapes
Milk **17**

No School-Fall Break **18**

No School **21**

No School **22**

Chicken & Noodles
Peas & Carrots
Hot Roll
Fruit Cocktail
Milk **23**

Meat Ball Sub
Mixed Salad with Spinach
Corn
Fresh Grapes
Milk **24**

Hot Ham & Cheese
Baked Beans
Doritos
Apple Slices
Milk **25**

Lasagna
Italian Green Beans
Garlic Bread
Pineapple Tidbits
Milk **28**

Pulled Pork Sandwich
Baked Beans
Mixed Vegetables
Peaches **29**

Chicken Wrap
Lettuce & Tomato
Baby Carrots
Fresh Grapes
Milk **30**

Chili Cheese Burrito
Mixed Salad with Spinach
Fresh Broccoli
Pears
Milk **31**



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LUNCH



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Monday

Tuesday

Wednesday

Thursday

Friday

Steak Patty

1

Pop Corn Chicken

2

Baked Potato

3

No Second

4

Grilled Chicken San

7

Corn Dog

8

No Second

9

Burrito

10

No Second

11

Hamburger

14

Fish Sticks

15

Uncrustable

16

Hot Dog

17

No School-Fall Break

18

No School

21

No School

22

Pizza

23

BQ Rib San

24

No Second

25

Salisbury Steak

28

Baked Potato

29

Pop Corn Chicken

30

Corn Dog

31

