

October 19, 26	October 20, 27	October 21, 28	October 22, 29	October 23
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>\$1.00 for preK-5 grade</b>	<b>\$1.25 for Middle and High</b>		<b>Staff \$2.00 Visitor \$2.50</b>
Cereal Toast Juice and/or fruit Milk	Biscuit with Jelly or Meat Biscuit Fruit or Juice Milk	Pancakes or French Toast Fruit or Juice Milk	Biscuit w/ Jelly or Meat Biscuit Juice or Fruit Milk	Cereal and Toast Juice or Fruit Milk
Lunch	<b>Elementary \$1.75</b>	<b>Middle \$2.00</b>	<b>High School \$2.25</b>	<b>Staff \$3.00 Visitor \$3.75</b>
FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK	FALL BREAK
Baked Ham Slices Seasoned Green Beans Buttered Whole Kernel Corn Applesauce Baked Rolls Milk Variety	Turkey Deli Sandwich w/ Lettuce and tomato on whole grain bread Fries or Potato Rounds Peaches or Pears in juice Milk Variety	Breakfast for Lunch Sausage or Chicken Biscuits, French Toast Sticks with Syrup Yogurt with Strawberries Hashrounds Cereal with Milk Juice, Banana, Oranges Milk Variety	Breaded Chicken Sandwich On Whole Wheat Bun with Marinara Sauce and Mozarella Cheese Spinach and Lettuce Salad Apple Slices and Orange Slices Milk Variety	Pizza and Manager Selection for Fruits and Vegetables Milk (Our Pizza is made with reduced fat cheese and may be a whole grain product. It meets or exceeds the recommended guidelines for school meals and is the most popular item on our menu)
Spaghetti with Meat Sauce and Noodles Shredded Lettuce Salad Peaches in Juice Garlic Bread Milk Variety	Crispitos or Tacos with meat and cheese Buttered Whole Kernel Corn Pinto Beans Applesauce Milk Variety	Cook's Recipe Chili with Crackers Baked Potatoes Carrot, Tomato, and Celery Sticks with Buttermilk Dressing Dip Bananas or Oranges Milk Variety	Pizza and Manager Selection for Fruits and Vegetables Milk Variety Fall Celebration Cake (Our Pizza is made with reduced fat cheese and may be a whole grain product. It meets or exceeds the recommended guidelines for school meals and is the most popular item on our menu)	Inservice Day, OCTOBER 30

Milk is always offered at every meal. Fresh fruit or vegetable is served a minimum of 2 times a week. Substitutions and additions can occur.

USDA approved lunch is considered to be three selections from the following: meat, bread, milk, two fruit or fruit juice/vegetable. USDA approved breakfast is considered to be three selections from the following: meat or bread, milk, fruit or fruit juice. We encourage the consumption of all five components at lunch, and all four at breakfast.

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