

# October 2018 High School Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct--1</b> Biscuits & Gravy Diced Pears Juice Milk	<b>Oct--2</b> Cold Cereal Whole Wheat Toast w/Jelly Pineapple Chunks Juice Milk	<b>Oct--3</b> Pancake on a Stick Banana Juice Milk	<b>Oct--4</b> Mini Waffle Sausage Patty Breakfast Fresh Fruit Mix Juice Milk	<b>Oct--5</b> Fall Break NO SCHOOL TODAY 
<b>Oct--8</b> Fall Break NO SCHOOL TODAY 	<b>Oct--9</b> Egg & Cheese English Muffin Orange Wedges Juice Milk	<b>Oct--10</b> Pancakes w/Syrup Sausage Patty Strawberries Juice Milk	<b>Oct--11</b> Yogurt Granola Honeydew Chunks Juice Milk	<b>Oct--12</b> Cheese Omelet Flour Tortilla Banana Juice Milk Salsa
<b>Oct--15</b> Ultimate Breakfast Round Yogurt Breakfast Fresh Fruit Mix Juice Milk	<b>Oct--16</b> Biscuits & Gravy Orange Wedges Juice Milk	<b>Oct--17</b> Oatmeal Whole Wheat Toast w/Jelly Applesauce Juice Milk	<b>Oct--18</b> Cold Cereal Whole Wheat Toast w/Jelly Peaches Juice Milk	<b>Oct--19</b> Mini Cinnis String Cheese Banana Juice Milk
<b>Oct--22</b> French Toast Sticks w/Syrup Sausage Patty Fruit Cocktail Juice Milk	<b>Oct--23</b> Cold Cereal Whole Wheat Toast w/Jelly Fresh Apple Juice Milk	<b>Oct--24</b> Bacon Scramble Applesauce Juice Milk	<b>Oct--25</b> High Parent Teacher Conference NO SCHOOL TODAY 	<b>Oct--26</b> Breakfast Burrito Cold Cereal Graham Crackers Banana Juice Milk Salsa
<b>Oct--29</b> Biscuits & Gravy Diced Pears Juice Milk	<b>Oct--30</b> Cold Cereal Whole Wheat Toast w/Jelly Pineapple Chunks Juice Milk	<b>Oct--31</b> Hard Boiled Egg Choice of Muffin Fruit Cocktail Juice Milk		
				

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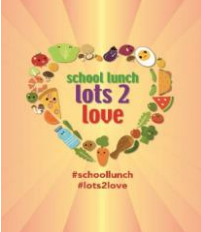
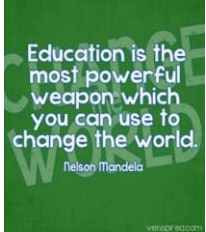


October 3, 17, 24, 31 - Early Release - Elementary Parent Teacher Conference - October 23 Mid & High School Parent Teacher Conference - October 25



# October 2018 High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Oct--1</b> Bean & Cheese Burrito Chopped Lettuce & Tomato Spicy Corn Salad Fruit Cocktail Honeydew Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fries Chef Salad	<b>Oct--2</b> Spaghetti Tossed Salad Italian Vegetables Wheat Roll Orange Wedges Peaches Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	<b>Oct--3</b> Pork Riblet Sandwich Cucumber Slices Sweet Potato Fries Strawberries Applesauce Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	<b>Oct--4</b> Chicken Bowl Peas Wheat Roll Pineapple Chunks Fresh Apple Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	<b>Oct--5</b> Fall Break NO SCHOOL TODAY 
<b>Oct--8</b> Fall Break NO SCHOOL TODAY 	<b>Oct--9</b> Crunchy Tacos Spanish Rice Refried Beans Chopped Lettuce & Tomato Diced Pears Grape Cluster Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	<b>Oct--10</b> BBQ Sandwich Tater Tots Coleslaw Applesauce Watermelon Wedges Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	<b>Oct--11</b> Steak Fingers Mashed Potatoes w/Gravy Mixed Vegetables Wheat Roll Sidekick Smoothie Pineapple Chunks Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	<b>Oct--12</b> Grilled Ham & Cheese Sandwich Chicken Vegetable Soup Cucumber Slices Peaches Fresh Pear Pudding Fresh Veggies Milk Chicken Sandwich Pizza / Fries Garden Salad
<b>Oct--15</b> Popcorn Chicken Green Beans Mashed Potatoes w/Gravy Wheat Roll Diced Pears Grape Cluster Fresh Veggies Milk Chicken Sandwich Pizza / Fries Chef Salad	<b>Oct--16</b> Frito Pie Cornbread Chopped Lettuce & Tomato Whole Kernel Corn Peaches Watermelon Wedges Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	<b>Oct--17</b> Corndog Tater Tots Baked Beans Applesauce Cantaloupe Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	<b>Oct--18</b> Lasagna Tossed Salad Peas Breadstick Fruit Cocktail Orange Wedges Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	<b>Oct--19</b> Chicken Fajita Refried Beans Chopped Lettuce & Tomato Pineapple Chunks Honeydew Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fries Garden Salad
<b>Oct--22</b> Salisbury Steak Mashed Potatoes w/Gravy Steamed Broccoli Wheat Roll Orange Wedges Pineapple Chunks Fresh Veggies Milk Chicken Sandwich Pizza / Fries Chef Salad	<b>Oct--23</b> Navajo Taco Chopped Lettuce & Tomato Whole Kernel Corn Peaches Watermelon Wedges Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	<b>Oct--24</b> Philly Cheese Steak Sandwich Tater Tots Cucumber Slices Diced Pears Grape Cluster Rice Krispy Treat Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	<b>Oct--25</b> High Parent Teacher Conference NO SCHOOL TODAY 	<b>Oct--26</b> Tangerine Chicken Oriental Blend Veggies Brown Rice Mandarin Oranges Strawberries Fortune Cookie Fresh Veggies Milk Chicken Sandwich Pizza / Fries Garden Salad
<b>Oct--29</b> Bean & Cheese Burrito Chopped Lettuce & Tomato Spicy Corn Salad Fruit Cocktail Honeydew Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fries Chef Salad	<b>Oct--30</b> Spaghetti Tossed Salad Italian Vegetables Wheat Roll Orange Wedges Peaches Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	<b>Oct--31</b> Pork Riblet Sandwich Cucumber Slices Sweet Potato Fries Strawberries Applesauce Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	  	

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**\*\*National School Lunch Week - October 15 - 10\*\***