

October 2018 High School Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
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Oct1	Oct2	Oct3	Oct4	Oct5
Biscuits & Gravy	Cold Cereal	Pancake on a Stick	Mini Waffle	Fall Break
Diced Pears	Whole Wheat Toast	Banana	Sausage Patty	NO SCHOOL TODAY
Juice	w/Jelly	Juice	Breakfast Fresh Fruit Mix	Carrie
Milk	Pineapple Chunks	Milk	Juice	
	Juice		Milk	No. school
	Milk			
Oct8	Oct9	Oct10	Oct11	Oct12
Fall Break	Egg & Cheese	Pancakes w/Syrup	Yogurt	Cheese Omelet
NO SCHOOL TODAY	English Muffin	Sausage Patty	Granola	Flour Tortilla
and the same of th	Orange Wedges	Strawberries	Honeydew Chunks	Banana
	Juice	Juice	Juice	Juice
NOCHOL	Milk	Milk	Milk	Milk
12301601				Salsa
Oct15	Oct16	Oct17	Oct18	Oct19
Ultimate Breakfast Round	Biscuits & Gravy	Oatmeal	Cold Cereal	Mini Cinnis
Yogurt	Orange Wedges	Whole Wheat Toast	Whole Wheat Toast	String Cheese
Breakfast Fresh Fruit Mix	Juice	w/Jelly	w/Jelly	Banana
Juice	Milk	Applesauce	Peaches	Juice
Milk		Juice	Juice	Milk
		Milk	Milk	
Oct22	Oct23	Oct24	Oct25	Oct26
French Toast Sticks	Cold Cereal	Bacon Scramble	High Parent Teacher	Breakfast Burrito
w/Syrup	Whole Wheat Toast	Applesauce	Conference	Cold Cereal
Sausage Patty	w/Jelly	Juice	NO SCHOOL TODAY	Graham Crackers
Fruit Cocktail	Fresh Apple	Milk		Banana
Juice	Juice			Juice
Milk	Milk			Milk
			11 11 11	Salsa
Oct29	Oct30	Oct31		
Biscuits & Gravy	Cold Cereal	Hard Boiled Egg	Habby	Dairy
Diced Pears	Whole Wheat Toast	Choice of Muffin	1 1977	Fruits Grains
Juice	w/Jelly	Fruit Cocktail		Vegetables Protein
Milk	Pineapple Chunks	Juice		
	Juice	Milk	Ha lawaan	Choose MyPlate .gov
	Milk		rigiloween	Choose My Place.gov
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Central Consolidated School District



October 2018 High School Lunch



	JUSI ZU	ro insii a		
Monday	Tuesday	Wednesday	Thursday	Friday
Oct1	Oct2	Oct3	Oct4	Oct5
Bean & Cheese Burrito	Spaghetti	Pork Riblet Sandwich	Chicken Bowl	Fall Break
Chopped Lettuce & Tomato	Tossed Salad	Cucumber Slices	Peas	NO SCHOOL TODAY
Spicy Corn Salad	Italian Vegetables	Sweet Potato Fries	Wheat Roll	
Fruit Cocktail	Wheat Roll	Strawberries	Pineapple Chunks	Marie A
Honeydew Chunks	Orange Wedges	Applesauce	Fresh Apple	Ca - Wall
Fresh Veggies	Peaches	Fresh Veggies	Fresh Veggies	
Milk	Fresh Veggies	Milk	Milk	1 Ia O
Chicken Sandwich	Milk	Chicken Sandwich	Burger or Deli Sandwich	1 Charles
Pizza	Burger or Deli Sandwich	Pizza	Fries	1 001101
Fries	Fries	Fruit & Yogurt Salad	Crispy Chicken Salad	
Chef Salad	Chicken & Fruit Salad			
Oct8	Oct9	Oct10	Oct11	Oct12
Fall Break	Crunchy Tacos	BBQ Sandwich	Steak Fingers	Grilled Ham & Cheese Sandwich
NO SCHOOL TODAY	Spanish Rice	Tater Tots	Mashed Potatoes w/Gravy	Chicken Vegetable Soup
	Refried Beans	Coleslaw	Mixed Vegetables	Cucumber Slices
	Chopped Lettuce & Tomato	Applesauce	Wheat Roll	Peaches
	Diced Pears	Watermelon Wedges	Sidekick Smoothie	Fresh Pear
	Grape Cluster	Fresh Veggies	Pineapple Chunks	Pudding
1 100	Fresh Veggies	Milk	Fresh Veggies	Fresh Veggies
Nochal	Milk	Chicken Sandwich	Milk	Milk
1 1 00 1001	Burger or Deli Sandwich	Pizza	Burger or Deli Sandwich	Chicken Sandwich
	Fries	Fruit & Yogurt Salad	Fries	Pizza / Fries
	Chicken & Fruit Salad		Crispy Chicken Salad	Garden Salad
Oct15	Oct16	Oct17	Oct18	Oct19
Popcorn Chicken	Frito Pie	Corndog	Lasagna	Chicken Fajita
Green Beans	Cornbread	Tater Tots	Tossed Salad	Refried Beans
Mashed Potatoes w/Gravy	Chopped Lettuce & Tomato	Baked Beans	Peas	Chopped Lettuce & Tomato
Wheat Roll	Whole Kernel Corn	Applesauce	Breadstick	Pineapple Chunks
Diced Pears	Peaches	Cantaloupe Chunks	Fruit Cocktail	Honeydew Chunks
Grape Cluster	Watermelon Wedges	Fresh Veggies	Orange Wedges	Fresh Veggies
Fresh Veggies	Fresh Veggies	Milk	Fresh Veggies	Milk
Milk	Milk	Chicken Sandwich	Milk	Chicken Sandwich
Chicken Sandwich	Burger or Deli Sandwich	Pizza	Burger or Deli Sandwich	Pizza
Pizza / Fries	Fries	Fruit & Yogurt Salad	Fries	Fries
Chef Salad	Chicken & Fruit Salad		Crispy Chicken Salad	Garden Salad
Oct22	Oct23	Oct24	Oct25	Oct26
Salisbury Steak	Navajo Taco	Philly Cheese Steak Sandwich	High Parent Teacher	Tangerine Chicken
Mashed Potatoes w/Gravy	Chopped Lettuce & Tomato	Tater Tots	Conference	Oriental Blend Veggies
Steamed Broccoli	Whole Kernel Corn	Cucumber Slices	NO SCHOOL TODAY	Brown Rice
Wheat Roll	Peaches	Diced Pears	1.	Mandarin Oranges
Orange Wedges	Watermelon Wedges	Grape Cluster		Strawberries
Pineapple Chunks	Fresh Veggies	Rice Krispy Treat	- ())	Fortune Cookie
Fresh Veggies	Milk	Fresh Veggies		Fresh Veggies
Milk	Burger or Deli Sandwich	Milk	" " " " "	Milk
Chicken Sandwich	Fries	Chicken Sandwich		Chicken Sandwich
Pizza / Fries	Chicken & Fruit Salad	Pizza		Pizza / Fries
Chef Salad	0-4 20	Fruit & Yogurt Salad		Garden Salad
Oct29 Bean & Cheese Burrito	Oct30	Oct31	*	
	Spaghetti	Pork Riblet Sandwich	800	
Chopped Lettuce & Tomato	Tossed Salad	Cucumber Slices		
Spicy Corn Salad	Italian Vegetables	Sweet Potato Fries		E (N I THE SHAPE
Fruit Cocktail	Wheat Roll	Strawberries		
Honeydew Chunks	Orange Wedges	Applesauce	0.000	Education is the
Fresh Veggies	Peaches	Fresh Veggies	lots 2	most powerful weapon which
Milk	Fresh Veggies	Milk	love	you can use to
Chicken Sandwich	Milk	Chicken Sandwich	100 P	change the world.
Pizza	Burger or Deli Sandwich	Pizza	#schoollunch #lots2love	Nelson Mandela
Fries	Fries	Fruit & Yogurt Salad		
Chef Salad	Chicken & Fruit Salad	FAVATI ARTITTY - LISNA TS AN		venspired.com