

Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
2	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup 2	Chicken Tenders 3pcs/ 3 oz Broccoli 1/2 C Sweet Potato Fries 1/2 C Fruit 1/2 cup Milk 1 cup	3	WG French Toast Sticks 2oz/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Salisbury Steak: Beef Patty 1 patty/2oz Mashed Potatoes 1/2 Cup Green Peas 1/2 cup Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	4	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4c Carrots 1/2 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	5	WG Pancakes 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese .5 oz WG Wrap 1.5 oz. Lettuce 1 cup Tomato 1/4 Cup Black Bean and Rice 3/4C Fruit 1/2 Cup Milk 1 Cup	6	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Turkey Slices 2oz Amer Cheese 2pcs/1oz WG Bread 3ox Green Bean 1/2C Sweet Potato Fries 1/2C Fruit 1/2 cup Milk 1 cup
9	School Closed		10	WG French Toast 3 oz/1 slice Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Macaroni & Cheese 3/4 Cup Broccoli 3/4 Cup WG Bread Stick 2oz Fruit 1/2 Cup Milk 8 oz	11	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Chicken Patty 2oz WG Bun 2 oz Butternut Squash ½ cup Baked Beans 1/2 cup Fruit 1/2 cup Milk 1 cup	12	WG Waffles 1.25ox/1 pc Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 2 oz Spinach 1/2 C Green Salad 1/2 Cup Diced Tomato ¼ cup. Fruit 1/2 cup Milk 1 cup	13	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Fish Sticks 2oz/4pcs French Fries 1/2 cup Green Beans 1/2 cup Fruit 1/2 cup Milk 1 cup
16	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/ 3 oz Sweet Potato Fries 1/2 Cup Broccoli 1/2 C Fruit 1/2 cup Milk 1 cup	17	WG French Toast Sticks 2oz/3 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Salisbury Steak: Beef Patty 1 patty/2oz Mashed Potatoes 1/2 Cup Green Peas 1/2 cup Fruit 1/2 cup Milk 1 cup	18	Egg Patty 1oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Baked Ziti w/Ground Beef 6oz Mixed Veggie 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 8oz	19	WG Pancakes 2oz/2 pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5oz Cheese .5 oz WG Wrap 1.5 oz. Lettuce 1 cup Tomato 1/4 Cup Black Bean and Rice 3/4C Fruit 1/2 Cup Milk 1 Cup	20	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Turkey Slices 2oz Amer Cheese 2pcs/1oz WG Bread 3ox Green Bean 1/2C Sweet Potato Fries 1/2C Fruit 1/2 cup Milk 1 cup
23	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz Sweet Potato Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	24	WG French Toast 3 oz/1 slice Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Macaroni & Cheese 3/4 Cup Broccoli 3/4 Cup WG Roll 1oz1pc Fruit 1/2 Cup Milk 8 oz	25	Egg Patty 1 oz WG Bun 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Chicken Patty 2oz WG Bun 2 oz Baked Beans 1/2 Cup Mix Veggie 1/2 cup Fruit 1/2 cup Milk 1 cup	26	WG Waffles 1.25ox/1 pc Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 2 oz Spinach 1/2 C Green Salad 1/2 Cup Diced Tomato ¼ cup. Fruit 1/2 cup Milk 1 cup	27	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Fish Sticks 2oz/4pcs WG Bun 2 oz Sweet Potato Fries 1/2 cup Green Beans 1/2 cup Fruit 1/2 cup Milk 1 cup
30	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/ 3 oz Sweet Potato Fries 1/2 Cup Broccoli 1/2 C Fruit 1/2 cup Milk 1 cup	31	WG French Toast 3 oz/1 slice Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Salisbury Steak: Beef Patty 1 patty/2oz Mashed Potatoes 1/2 Cup Green Beans 1/2 cup Biscuit 2 oz Fruit 1/2 cup Milk 1 cup									

The menu is subject to change due to ongoing supply chain issues.

Return Order by October 2023

	REDUCED		PAID	
Date	Breakfast	Lunch	Breakfast	Lunch
	\$0.30	\$0.40	\$1.90	\$3.05
2				
3				
4				
4				
5				
6				
9	School	Closed		
10				
11				
12				
13				
16				
17				
18				
19				
20				
23				
24				
25				
26				
27				
30				
31				

Reduced Price 30 and 40 cents w/application on file only otherwise full price. Thank you.

Total Breakfasts____ @ \$0.30 ordered = \$ _____

Total Lunches____ @ \$0.40 ordered = \$ _____

Total Breakfasts____ @\$1.90 ordered = \$ _____

Total Lunch____ @\$3.05 ordered =\$_____

Student Name_____

Parent/Guardian Name _____

Teacher Name_____

Meals Served in School

Please check off the days your child needs a meal and return to school with payment if your child is in the reduced or paid category.

Breakfast/Lunch Menu – October 2023
MILK IS PROVIDED WITH EACH LUNCH. Please note:
If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal that day.