

## High School Breakfast October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Peaches	4  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Pears	5  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Scrambled Eggs Rosy Applesauce	6  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Mandarin Oranges	7  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Grapes
10  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Peaches	11  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Pears	12  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Scrambled Eggs Rosy Applesauce	13  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Mandarin Oranges	14  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Grapes
17  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Peaches	18  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Pears	19  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Scrambled Eggs Rosy Applesauce	20	21
24  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Hard Boiled Egg Peaches	25  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Pears	26  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt Scrambled Eggs Rosy Applesauce	27  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Strawberry Yogurt Sausage Mandarin Oranges	28
31  French Toast Sticks Cinnamon Glazed Pancakes Pancake 'n Sausage Blueberry Muffin Choc Choc Chip Muffin Brown Sugar Cinn Poptart Strawberry Poptart Strawberry Yogurt				

Hard Boiled Egg Peaches				
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Menus are subject to change.  
Fresh Fruit, 100% juice and milk variety offered daily.  
This institution is an equal opportunity provider.

## Lunch High School October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Country Fried Steak Roll, Baked Fresh Daily Hot Dog Wrap Whipped Potatoes Baby Carrots Fresh Fruit Salad Green Beans	4 Cheese Pizza Pepperoni Pizza Chicken Sandwich French Fries Celery Sticks Baby Carrots Pears	5 Pasta w/sauce Italian Meatballs Roll, Baked Fresh Daily Chicken Wrap Potato Wedges Baby Carrots Green Beans	6 Pork Roast Whipped Potatoes Roll, Baked Fresh Daily Rib-B-Q Sandwich Tater Tots Peaches Carrots	7 Cheese Pizza Combo Pizza Turkey Cheese Sub Potato Wedges Roll, Baked Fresh Daily Baby Carrots Pineapple Peas Chocolate Creamie Creamie
10 Chicken Alfredo Pasta Roll, Baked Fresh Daily Ham & Cheese Sub Potato Wedges Celery Sticks Baby Carrots	11 Cheese Pizza Pepperoni Pizza Navajo Taco Peaches Corn Chocolate Chip Cookie	12 Cheese Burger French Fries Chicken Enchilada Spanish Rice Pears Cucumber Slices Refried Beans	13 Country Fried Steak Whipped Potatoes Roll, Baked Fresh Daily BBQ Pork Sandwich French Fries Baby Carrots Corn Pears	14 Cheese Pizza Cheese Burger Bacon Pizz Mandarin Orange Chicken Steamed Rice Roll, Baked Fresh Daily Pineapple Baby Carrots Broccoli Normandy, Fresh Choc Choc Chip Cookie
17 Meatball Sub Sandwich French Fries Chicken Tacos Roll, Baked Fresh Daily Black Beans Pears Corn	18 Cheese Pizza Hawaiian Pizza Popcorn Chicken Potato Wedges Roll, Baked Fresh Daily Baby Carrots Peaches Green Beans	19 Spaghetti Roll, Baked Fresh Daily Chicken Sandwich Potato Wedges Rosy Applesauce Green Beans	20	21
24 Cheese Burger French Fries Crisp Taco Roll, Baked Fresh Daily Pears Corn Refried Beans	25 Cheese Pizza BBQ Chicken Pizza Lasagna Breadsticks Baby Carrots Peaches Green Beans Chocolate Pudding Vanilla Pudding	26 Pork Roast Whipped Potatoes Roll, Baked Fresh Daily Chicken Wrap French Fries Cucumber Slices Rosy Applesauce Corn	27 Chicken Tetrizzini Chicken Tenders Potato Wedges Baby Carrots Roll, Baked Fresh Daily Mandarin Oranges Peas	28
31 Chicken Parmesan Roll, Baked Fresh Daily Corn Dog Potato Wedges Pineapple Carrots				

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Fresh Fruit, 100% juice, Garden Salad, and milk variety offered daily.

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