



October 2017 School Menu

We serve whole grain products, fresh fruits, and no canned food.

Cereals served: Corn Flakes, Cheerios, Captain Crunch

Fresh Fruits Served: Bananas, Apples, Oranges, Pineapples, Peaches, Cantaloupe, Melons, Strawberries, Mango, Grapes (3 yrs or older)

Cold Milk served at breakfast and lunch; water served with every meal and snack.

<p>2 BKF: Cereal, Oatmeal with Fresh Fruit Snacks: AM- Bananas and Wheat Crackers PM- Cinnamon Wheat Soft Pretzel Lunch: Whole Wheat Spaghetti with Meat Sauce, Fresh Steamed Carrots and Fresh Fruit (Vegetarian Option: Pasta with Spaghetti Sauce)</p>	<p>3 BKF: Wheat French Toast, Cereal and Fresh Fruit Snacks: AM- Cinnamon Apple Sauce and Grahams PM- Carroteenies with Ranch/Berries and Cheez'its Lunch: White Chicken Breast and Spanish Rice, Fresh Corn and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p>4 BKF: Biscuit with Jelly, Fresh Fruit Snacks: AM- Cheerios and Captain Crunch PM- Fresh Baked Oatmeal Raisin Cookies Lunch: Bowtie Pasta with Chicken Alfredo Sauce, Fresh Steamed Peas & Carrots, & Fresh Fruit (Vegetarian Option: Pasta Alfredo)</p>	<p>5 BKF: Bagels with Cream Cheese, Cereal and Fresh Fruit Snacks: AM- Apple Cinnamon Waffle PM- Vanilla Pudding and Wafers Lunch: Turkey Corndogs, Fresh Steamed Broccoli with Cheese, and Fresh Fruit (Vegetarian Option: Veggie Nuggets)</p>	<p>6 BKF: Pancakes, Fresh Fruit and Cereal Snacks: AM- Gold Fish and Raisins PM- Yogurt with Granola/Berries Lunch: Beef Hamburger, Fresh Lettuce and tomatoes/steamed vegetables, and Fresh Fruit (Vegetarian Option: Veggie Burger)</p>
<p>9 BKF: Biscuit with Jelly and Fruits Snacks: AM- Bananas and Wheat Crackers PM- Apple Slices/Apple Sauce and Austin Cheddar Cheese Crackers) Lunch: Bowtie Pasta with Chicken Alfredo and Fresh Peas & Carrots, Fresh Fruit (Vegetarian Option: Alfredo Sauce with pasta)</p>	<p>10 BKF: Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit Snacks: AM- Cinnamon Apple Sauce and Grahams PM- Carroteenies with Ranch/Berries and Cheez'its Lunch: Wheat Bun with Turkeydog with Fresh Cucumber Slices/Steamed Vegetables and Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>	<p>11 BKF: Biscuits, Jelly, and Fresh Fruit Snacks: AM- Cheerios and Raisins. PM- Rice Krispies and Fruit Snacks/Bananas Lunch: Beef Macaroni and Cheese, Fresh Green Beans and Fresh Fruit (Vegetarian Option: Macaroni & Cheese)</p>	<p>12 BKF: Bagels with Cream Cheese, Cereal and Fresh Fruit Snacks: AM- Whole Grain Strawberry Grahams PM-Animal Cookies and Apple Slices Lunch: Mini Chicken Tenders, Fresh Corn, & Fresh Fruit (Vegetarian Option: Veggie Tenders)</p>	<p>13 BKF: Pancakes, Cereal and Fresh Fruit Snacks: AM- Yogurt with Granola/Berries PM- Trail Mix/Goldfish Lunch: Cheese Pizza, Garden Salad/Fresh Steamed Vegetables and Fresh Fruit</p>
<p>16 BKF: Cereal, Oatmeal and Fresh Fruit Snacks: AM- Banana and Wheat Crackers PM- Vanilla Pudding and wafers Lunch: Chicken Nuggets, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Veggie Chicken Nuggets)</p>	<p>17 BKF: Wheat French Toast with Maple Syrup, Cereal and Fresh Fruit Snacks: AM- Cinnamon Apple Sauce and Grahams PM- Cheese Slices on Ritz Crackers Lunch: Turkey Chili with Beans and Fresh Corn, Saltines, and Fresh Fruit (Vegetarian Option: Bean Chili with Corn)</p>	<p>18 BKF: Biscuit, Jelly and Fresh Fruit Snacks: AM- Cereal Mix PM- Fresh Baked Oatmeal Raisin Cookies Lunch: White Chicken Breast and Spanish Brown Rice, Fresh Peas & Carrots and Fresh Fruit (Vegetarian Option: Spanish Rice with Veggie Tenders)</p>	<p>19 BKF: Bagels with Cream Cheese, Cereal and Fresh Fruit Snacks: AM- Apple Cinnamon Waffle PM- Carroteenies with Ranch/Berries and Cheez'its Lunch: Turkey Steak, Fresh Steamed Carrots, & Fresh Fruit (Vegetarian Option: Bean Quesadilla)</p>	<p>20 BKF: Pancakes, Cereal and Fresh Fruit Snacks: AM-Gold Fish and Raisins PM-Yogurt with Granola/Berries Lunch: Turkey Cheese Sandwiches, Cucumber & Fresh Fruit (Vegetarian Option: Grilled Cheese)</p>
<p>23 BKF: Cereal, Oatmeal, and Fresh Fruit Snacks: AM- Bananas and Wheat Crackers PM- Austin Cheddar Cheese Crackers and Apple Slices Lunch: Wheat Bun with Turkeydog, Fresh Cucumber Slices/Steamed Vegetable and Fruit (Vegetarian Option: Bean and Cheese Quesadilla)</p>	<p>24 BKF: Wheat French Toast, Cereal and Fresh Fruit Snacks: AM-Apple Sauce and Grahams PM- Rice Krispies and Fruit Snacks/Bananas Lunch: Turkey Enchiladas with Fresh Corn, and Fresh Fruit (Vegetarian Option: Bean Enchilada)</p>	<p>25 BKF: Biscuit with Jelly and Fresh Fruit Snacks: AM- Cheerios and Raisins PM- Carroteenies with Ranch/Berries and Cheez'its/Berries Lunch: Beef Meatballs with Gravy and Brown Rice, Fresh Steamed Carrots, and Fresh Fruit (Vegetarian Option: Brown Rice with Gravy and Veggie Burger)</p>	<p>26 BKF: Bagels with Cream Cheese, Cereal and Fruit. Snacks: AM- Whole Grain Strawberry Waffle PM- Animal Cookies and Apple Slices Lunch: Fish Sticks, Fresh Green Beans, and Fresh Fruit (Vegetarian Option: Fishless Filets)</p>	<p>27 BKF: Pancakes, Fresh Fruit, & Cereal Snacks: AM- Yogurt with Granola/Berries PM- Trail Mix/Gold Fish Lunch: Beef Baked Ziti, Fresh Steamed Veggies and Fresh Fruit (Vegetarian Option: Baked Ziti)</p>