

East Elementary October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	3 Maple Waffles w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	4 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	5 Eggo Mini Pancakes w/Bacon Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	10 WG French Toast Slices w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	11 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	12 Pancake 'N Sausage Breakfast Stick Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	17 WG French Toast Slices w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	18 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	19 Pancake 'N Sausage Breakfast Stick Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
23 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	24 Maple Waffles w/Sausage Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	25 Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	26 Eggo Mini Pancakes w/Bacon Cereal /variety Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27  Fall Break
30 Fall Break 				

This is an equal opportunity provider.

West Elementary October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	3 WG French Toast Slices w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	4 Maple Waffles w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	5 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Biscuit w/Sausage Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	10 Cinnamon Rush Mini French Toast w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	11 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety Cream Cheese/Variety	12 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Eggo Mini Pancakes w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	17 Maple Waffles w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	18 WG Egg, Cheese & Bacon Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	19 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 Pancake 'N Sausage Breakfast Stick Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
23 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	24 Cinnamon Rush Mini French Toast w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	25 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety Cream Cheese/Variety	26 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27  Fall Break
30 Fall Break 	31 Happy Halloween 			

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Middle School October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	3 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	4 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	5 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	6 Sausage Biscuit Sandwich Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	10 WG French Toast Slices w/Sausage Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	11 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	12 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	13 Eggo Mini Pancakes w/Bacon Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	17 WG Egg, Cheese & Bacon Sticks Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	18 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	19 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	20 Biscuit w/Sausage Gravy Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety
23 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	24 Bagel Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	25 Whole Grain Long John Donut Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	26 Cereal /variety WG Poptart Spunkmeyer Muffins Fresh Fruit 100% Fruit Juice Milk/Variety	27 Fall Break 
30 Fall Break 	31 Happy Halloween 			

This institution is an equal opportunity provider.
Menu items are subject to change due to Weather, Product Availability, or Administrative Directive.

High School October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	3 Eggo Mini Pancakes w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	4 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	5 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	6 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
9 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	10 WG French Toast Slices w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	11 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	12 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	13 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
16 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	17 WG Egg, Cheese & Bacon Sticks Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	18 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	19 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	20 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety
23 Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	24 WG French Toast Slices w/Bacon Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	25 Whole Grain Long John Donut Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	26 Biscuit w/Sausage Gravy Cereal/Variety WG Poptart Spunkmeyer Muffins Bagel Fresh Fruit 100% Fruit Juice Milk/Variety	 Fall Break

East Elementary October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Popcorn Chicken Smackers Jumbo Whole Grain Corndog Buttered Noodles Sweet Peas Chilled Peaches Milk/Variety	Ravioli w/WG Texas Toast Jumbo Whole Grain Corndog Glazed Carrots Chilled Pears Milk/Variety	Breaded Mozzarella Cheese Sticks Jumbo Whole Grain Corndog Veggie Blend Applesauce Milk/Variety	Mini Beef Burgers Jumbo Whole Grain Corndog Baked Beans Mixed Veggies Fresh Fruit Milk/Variety	Taco Salad w/Scoops Chips Jumbo Whole Grain Corndog Taco Toppings Roasted Broccoli Mixed Fruit Cup Milk/Variety
9	10	11	12	13
WG Spaghetti w/Meatballs Grilled Cheese Sandwich Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	Chicken Slider Grilled Cheese Sandwich Mashed Potatoes Glazed Carrots Chilled Pears Milk/Variety	Pepperoni Mini Crescent Grilled Cheese Sandwich Veggie Blend Applesauce Milk/Variety	Homestyle Chicken Nuggets Grilled Cheese Sandwich Mac & Cheese Mixed Veggies Fresh Fruit Milk/Variety	Hot Dog on WG Bun Grilled Cheese Sandwich Baked Beans Sweet Corn Mixed Fruit Cup Milk/Variety
16	17	18	19	20
BBQ Chicken Drumsticks Hot Dog on WG Bun Baked Beans Roasted Broccoli Chilled Peaches Milk/Variety	Hamburger on WG Bun Hot Dog on WG Bun Sidewinders Seasoned Fries Glazed Carrots Chilled Pears Milk/Variety	WG Pepperoni Pizza Hot Dog on WG Bun Seasoned Green Beans Applesauce Milk/Variety	WG Cheese Stuffed Garlic Breadstick Hot Dog on WG Bun Veggie Blend Fresh Fruit Milk/Variety	Ravioli w/WG Texas Toast Hot Dog on WG Bun Mixed Veggies Mixed Fruit Cup Milk/Variety
23	24	25	26	27
Popcorn Chicken Smackers Hamburger on WG Bun Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	Breaded Mozzarella Cheese Sticks Hamburger on WG Bun Veggie Blend Chilled Pears WG Candy Cookie Milk/Variety	Mini Corndogs Hamburger on WG Bun Baked Beans Sweet Corn Applesauce Milk/Variety	Whole Grain Cheese Pizza Hamburger on WG Bun Seasoned Green Beans Glazed Carrots Mixed Fruit Cup Milk/Variety	Fall Break 
30	31			
Fall Break 	Happy Halloween 			

West Elementary October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken Smackers Jumbo Whole Grain Corndog Buttered Noodles Sweet Peas Applesauce Milk/Variety	3 Ravioli w/Cornbread Jumbo Whole Grain Corndog Glazed Carrots Chilled Pears Milk/Variety	4 Breaded Mozzarella Cheese Sticks Jumbo Whole Grain Corndog Veggie Blend Applesauce Milk/Variety	5 Mini Beef Burgers Jumbo Whole Grain Corndog Baked Beans Mixed Veggies Fresh Fruit Milk/Variety	6 Taco Salad w/Scoops Chips Jumbo Whole Grain Corndog Taco Toppings Roasted Broccoli Mixed Fruit Cup Milk/Variety
9 WG Spaghetti w/Meatballs Grilled Cheese Sandwich Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	10 Chicken Slider Grilled Cheese Sandwich Mashed Potatoes Glazed Carrots Chilled Pears Milk/Variety	11 Pepperoni Mini Crescent Grilled Cheese Sandwich Veggie Blend Applesauce Strawberry Jell-O Milk/Variety	12 Buffalo Style Chicken Bites Grilled Cheese Sandwich Mac & Cheese Mixed Veggies Fresh Fruit Milk/Variety	13 Hamburger on WG Bun Grilled Cheese Sandwich Baked Beans Sweet Corn Mixed Fruit Milk/Variety
16 BBQ Chicken Drumsticks Hot Dog on WG Bun Baked Beans Roasted Broccoli Chilled Peaches Milk/Variety	17 Hamburger on WG Bun Hot Dog on WG Bun Sidewinders Seasoned Fries Glazed Carrots Chilled Pears Milk/Variety	18 Wild Mike's Deep Dish Cheese Pizza Hot Dog on WG Bun Seasoned Green Beans Applesauce Milk/Variety	19 WG Cheese Stuffed Garlic Breadstick Hot Dog on WG Bun Salad w/Ranch Dressing Veggie Blend Fresh Fruit Milk/Variety	20 General Tso's Chicken & Rice Hot Dog on WG Bun Mixed Veggies Mixed Fruit Milk/Variety
23 Popcorn Chicken Smackers Hamburger on WG Bun Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	24 Breaded Mozzarella Cheese Sticks Hamburger on WG Bun Veggie Blend Chilled Pears WG Candy Cookie Milk/Variety	25 Mini Corndogs Hamburger on WG Bun Baked Beans Sweet Corn Applesauce Milk/Variety	26 Whole Grain Cheese Pizza Hamburger on WG Bun Seasoned Green Beans Glazed Carrots Mixed Fruit Milk/Variety	 Fall Break
30  Fall Break	31 <p style="text-align: center;">Happy Halloween</p>			

Middle School October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken Smackers Southwest Chicken Salad Buttered Noodles Glazed Carrots Chilled Peaches Milk/Variety	3 Ravioli w/Cornbread Southwest Chicken Salad Glazed Carrots Roasted Cauliflower Chilled Pears Milk/Variety	4 Breaded Mozzarella Cheese Sticks Southwest Chicken Salad Veggie Blend Salad w/Ranch Dressing Applesauce Milk/Variety	5 Hamburger on WG Bun Southwest Chicken Salad Hash Brown Patty Baked Beans Fresh Fruit Milk/Variety	6 Taco Salad w/Scoops Chips Southwest Chicken Salad Taco Toppings Mixed Veggies Roasted Broccoli Mixed Fruit Cup Milk/Variety
9 WG Spaghetti w/Meatballs Southwest Chicken Salad Garlic Toast Roasted Broccoli Chilled Peaches Milk/Variety	10 WG Chicken Tender Fritters Southwest Chicken Salad Glazed Carrots Mashed Potatoes w/Gravy Chilled Pears Milk/Variety	11 Pepperoni Mini Crescent Southwest Chicken Salad Veggie Blend Seasoned Green Beans Applesauce Milk/Variety	12 Buffalo Style Chicken Bites Chef Salad w/Roasted Turkey Mac & Cheese Mixed Veggies Fresh Fruit Milk/Variety	13 BBQ Rib Patty Southwest Chicken Salad Baked Beans Sweet Corn Mixed Fruit Cup Milk/Variety
16 Chicken Patty Sandwich Southwest Chicken Salad Buttered Noodles Veggie Blend Chilled Peaches Milk/Variety	17 Pub Style Beef Steak Burger Southwest Chicken Salad Sidewinders Seasoned Fries Baked Beans Glazed Carrots Chilled Pears Milk/Variety	18 Wild Mike's Deep Dish Cheese Pizza Southwest Chicken Salad Seasoned Green Beans Roasted Broccoli Applesauce Milk/Variety	19 Grilled Chicken Hot Pepper Mini's Southwest Chicken Salad Salad w/Ranch Dressing Veggie Blend Fresh Fruit Milk/Variety	20 General Tso's Chicken & Rice Southwest Chicken Salad Mixed Veggies Roasted Cauliflower Mixed Fruit Cup Milk/Variety
23 Homestyle Chicken Nuggets Southwest Chicken Salad Buttered Noodles Roasted Broccoli Chilled Peaches Milk/Variety	24 Breaded Mozzarella Cheese Sticks Southwest Chicken Salad Seasoned Green Beans Chilled Pears WG Candy Cookie Milk/Variety	25 Jumbo Whole Grain Corndog Southwest Chicken Salad Baked Beans Sweet Corn Applesauce Milk/Variety	26 Cheese & Bean Burrito Southwest Chicken Salad Mixed Veggies Glazed Carrots Mixed Fruit Cup Milk/Variety	27 Fall Break
30 Fall Break	31 Happy Halloween			

High School October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Popcorn Chicken Smackers Southwest Chicken Salad Garlic Toast Buttered Noodles Glazed Carrots Peach Cup Milk/Variety	Ravioli w/Cornbread Southwest Chicken Salad Glazed Carrots Roasted Cauliflower Chilled Pears Milk/Variety	Breaded Mozzarella Cheese Sticks Southwest Chicken Salad Veggie Blend Salad w/Ranch Dressing Chilled Applesauce Cup Milk/Variety	Cheeseburger on WG Bun Southwest Chicken Salad Hash Brown Patty Baked Beans Sweet Peas Fresh Fruit Milk/Variety	Taco Salad w/Scoops Chips Southwest Chicken Salad Taco Toppings Mixed Veggies Roasted Broccoli Mixed Fruit Cup Milk/Variety
9	10	11	12	13
WG Spaghetti w/Meatballs Southwest Chicken Salad Garlic Toast Roasted Broccoli Peach Cup Milk/Variety	WG Chicken Tender Fritters Southwest Chicken Salad Garlic Toast Glazed Carrots Mashed Potatoes w/Gravy Chilled Pears Milk/Variety	Pepperoni Mini Crescent Southwest Chicken Salad Wheat Breadstick Veggie Blend Seasoned Green Beans Chilled Applesauce Cup Milk/Variety	Buffalo Style Chicken Bites Southwest Chicken Salad Mac & Cheese Mixed Veggies Fresh Fruit Milk/Variety	BBQ Rib Patty Southwest Chicken Salad Baked Beans Sweet Corn Mixed Fruit Cup Milk/Variety
16	17	18	19	20
Chicken Patty Sandwich Southwest Chicken Salad Buttered Noodles Veggie Blend Peach Cup Milk/Variety	Pub Style Beef Steak Burger Southwest Chicken Salad Sidewinders Seasoned Fries Baked Beans Glazed Carrots Chilled Pears Milk/Variety	Wild Mike's Deep Dish Cheese Pizza Southwest Chicken Salad Garlic Toast Seasoned Green Beans Roasted Broccoli Chilled Applesauce Cup Milk/Variety	Grilled Chicken Hot Pepper Mini's Southwest Chicken Salad Salad w/Ranch Dressing Veggie Blend Fresh Fruit Milk/Variety	General Tso's Chicken & Rice Southwest Chicken Salad Mixed Veggies Roasted Cauliflower Mixed Fruit Cup Milk/Variety
23	24	25	26	27
Homestyle Chicken Nuggets Southwest Chicken Salad Buttered Noodles Roasted Broccoli Peach Cup Milk/Variety	Breaded Mozzarella Cheese Sticks Southwest Chicken Salad Seasoned Green Beans Chilled Pears WG Candy Cookie Milk/Variety	Jumbo Whole Grain Corndog Southwest Chicken Salad Baked Beans Sweet Corn Chilled Applesauce Cup Milk/Variety	Whole Wheat Buffalo Style Chicken Pizza Southwest Chicken Salad Wheat Breadstick Mixed Veggies Glazed Carrots Mixed Fruit Cup Milk/Variety	Fall Break
30	31			
Fall Break	Halloween			

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