

OCTOBER

Elementary Menu

Fresh Fruit & Vegetable Bar Served Daily!

ANNOUNCEMENTS

Monthly Promotion Pumpkin Patch

Each Friday in October, we will have a drawing for 2 tickets to Circle S Corn Maze and Pumpkin Patch for students who have ate in Lunch with us during that week.

Did you know?

Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!



Questions or Comments?

Crystal Bird, Director of Dining Services
Phone: 325-365-3588 ext. 3006

SFE This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

2 Breakfast
Warm Breakfast on a Stick
Lunch
Grilled Cheese
Vegetable Rotini w/ Bread Stick
Small Chef Salad
Steamed Broccoli

3 Breakfast
Breakfast Sausage & Gravy
Pizza
Lunch
Creamy Mac & Cheese
Grilled Hamburger
Crispy Chicken Ranch Wrap
Cooked Carrots

4 Breakfast
Golden Blueberry Loaf
Lunch
Golden Chicken Nugget
Classic Pepperoni Pizza
Ham & Cheese Sub
Mashed Potatoes

5 Breakfast
Whole Grain Pancake & Sausage
Lunch
Homemade Beef Hard Shell Taco
Crispy Fish Nuggets
Vanilla & Fruit Plate
Pinto Beans

6 Breakfast
Melted Colby Cheese Omelet
Lunch
Mini Corn Dogs
Savory Meatball Sub
Sun Butter & Jelly Sandwich
Green Peas

9
Student's Holiday


10 Breakfast
Egg & Cheese Taco w/ Salsa
Lunch
Juicy Hot Dog
Spaghetti w/ Meat Sauce and Bread Stick
Loaded Italian Sub
Spiced Green Beans

11 Breakfast
Maple Mini Waffles
Lunch
Grilled Chicken Sandwich
Steak Fingers w/ Roll
BBQ Turkey Wrap
Steamed Broccoli

12 Breakfast
Biscuit & Gravy w/ Juicy Sausage
Lunch
Swedish Meatballs w/ Rice Bean & Cheese Burrito
Grilled Chicken Salad Stuffed Tomato
Seasoned Carrots

13 Breakfast
Banana Loaf
Lunch
Golden Chicken Nuggets
Crumbled Sausage Pizza
Fresh Buffalo Chicken Salad
Seasoned Mashed Potatoes

16 Breakfast
Sausage & Biscuit Sandwich
Lunch
Breaded Chicken Sandwich
Beef Ravioli w/ Roll
Mediterranean Hummus & Homemade Pita Chips
Cooked Carrots

17 Breakfast
Pancakes & Sausage
Lunch
Chicken Flautas
Mozzarella Cheese Quesadilla
Oven Roasted Turkey Sandwich
Golden Corn

18 Breakfast
Warm Breakfast on a Stick
Lunch
Popcorn Chicken w/ Roll
Salisbury Steak w/ Roll
Vanilla Yogurt & Fruit Plate
Seasoned Green Peas

19 Breakfast
Peanut Butter & Grape Jelly Snacker
Lunch
Sloppy Joe Sandwich
Creamy Mac & Cheese
SunButter & Jelly Sandwich w/ Cheese Sticks
Tater Tots

20 Breakfast
Scrambled Egg w/ Toast
Lunch
Pepperoni Pizza
Spaghetti w/ Meat Sauce
Grilled Veggie Wrap
Steamed Broccoli

23 Breakfast
Egg & Sausage Taco
Lunch
Grilled Chicken Sandwich
Beef Teriyaki Dippers w/ Brown Rice
Tuna Fish Sandwich
Steamed Broccoli

24 Breakfast
Cinnamon Roll w/ Icing
Lunch
Crispy Corn Dog
Classic Alfredo
Grilled Chicken Salad Stuffed Tomatoes
Cooked Carrots

25 Breakfast
Mini Golden Blueberry Pancakes
Lunch
Chicken Nuggets
Classic Cheese Pizza
Chicken Caesar Salad
Golden Corn

26 Breakfast
Biscuit & Gravy w/ Juicy Sausage
Lunch
Bean & Cheese Burrito
Cheesy Turkey Melt
Tangy Chicken Wrap
Crispy Sweet Potatoes Gems

27 Breakfast
Scrambled Eggs w/ Biscuit
Lunch
Country Chicken Fried Steak
Crumbled Sausage Pizza
Chef Salad
Mashed Potatoes

30 Breakfast
Sausage & Cheese Bagel
Lunch
Green Mozzarella Chicken Enchiladas
Extreme Cheesy Nachos
Fresh Harvest Salad
Charro Beans

31 Breakfast
Chicken Biscuit
Lunch
Salisbury Steak w/ Roll
Lemon Pepper Chicken w/ Roll
BBQ Chicken Mixed Salad
Mashed Potatoes



*Vegetarian Option (or vegetarian upon request)

Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast


Breakfast is free to all Elementary Student Lunch Meal Price: Paid \$2.45 / Reduced \$0.40 Adult Meal Price: \$3.70