

| MONDAY October 16, 2017 | TUESDAY October 17, 2017 | WEDNESDAY October 18, 2017 | THURSDAY October 19, 2017 | FRIDAY October 20, 2017 | SATURDAY October 21, 2017 | SUNDAY October 22, 2017 |
|---|---|---|--|--|---|---|
| <p>BREAKFAST Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST French Toast Sticks Sausage Links <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST Breakfast Burrito Hash Browns Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST Assorted Muffins WG Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST Waffles Turkey Sausage <i>Sugar free Syrup/ Margarine</i> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST Scrambled Eggs w /Cheese WW Toast Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> | <p>BREAKFAST Sausage Muffin Egg Cheese Hash Brown Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice</p> |
| <p>LUNCH Pork Rib on a bun Lettuce Tomato Tater Tots</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Bean & Cheese Burrito Spanish Brown Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Chicken Nuggets Mashed Potato / Gravy Broccoli WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Chicken Fajita Pita Bread Lettuce & Tomato Spanish Brown Rice Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Cheeseburgers WW Bun Lettuce Tomato/ Baked French Fries Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Grilled Cheese Tomato Soup Potato Chips</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> | <p>LUNCH Chicken Quesadilla Refried Beans Lettuce Tomato</p> <p>Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice</p> |
| <p>DINNER Mac & Beef Green Beans WW Roll</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER BBQ Chicken AuGratin Potatoes Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER Beef Stew Over Rice Carrots Biscuit</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER Cheese Lasagna Cheesy Bread Italian Vegetables</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER Chicken Fricassee Egg Noodles Carrots WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER Spaghetti/ Meatballs Green Beans Toasted Garlic Bread</p> <p>Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> | <p>DINNER Stuffed Bell Peppers Savory Rice Seasoned Corn WW Roll Salad Bar Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&J Pack Salad Bar Fresh Fruit/Fruit Cup</p> |

This institution is an equal opportunity provider.

100 % Fruit Juice
1% Milk
Skim Milk
Skim Chocolate Milk

PBJ Pack
Sandwich
Cheese Stick
Cheeze Its

WW Whole Wheat
WG Whole Grain