

MONDAY October 30, 2017	TUESDAY October 31, 2017	WEDNESDAY November 1, 2017	THURSDAY November 2, 2017	FRIDAY November 3, 2017	SATURDAY November 4, 2017	SUNDAY November 5, 2017
BREAKFAST WG Pancakes Sausage <small>Sugar Free Syrup/ Margarine</small> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST Bagels Cream Cheese Assorted Yogurt Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST Scrambled Eggs w/ Cheese WW Toast/ Jelly Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST Assorted Muffins Assorted Yogurts Cheese Sticks Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST French Toast Sausage Links <small>Sugar Free Syrup/ Margarine</small> Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST Egg & Cheese on a WW English Muffin Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice	BREAKFAST Hard Boiled Egg WW Toast/ Jelly Sausage patty Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR Choice of 2 cereals Fresh fruit/ fruit cup 1% or Skim milk Apple/Orange Juice
LUNCH Turkey Corn Dog French Fries Carrot Sticks Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Chicken Strips Waffle Fries Broccoli Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Spaghetti /Meat Sauce Green Beans WW Garlic Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Taco Salad <small>Lettuce Tomato Sour Cream</small> Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Chicken & Noodles Sweet Peas WW Roll Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Cheese/Pepperoni Pizza Baby Carrots Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice	LUNCH Super Nachos Refried Beans Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup 1% or Skim milk Apple/Orange Juice
DINNER Chicken Pot Pie Green Beans WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Country Fried Steak Mashed Potato/ Gravy Corn WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Baked Chicken AuGratin Potatoes Mixed Vegetables WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Beef Stroganoff Buttered Noodles Green Beans WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Green Chili Tamales Brown Spanish Rice Lettuce Tomato Sour Cream Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Baked Ham Scalloped Potatoes Mixed Vegetable WW Roll Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup	DINNER Cheese Lasagna Italian Vegetable Toasted Garlic Bread Salad Bar Fresh Fruit/Fruit Cup OR PB&J Pack Salad Bar Fresh Fruit/Fruit Cup

This institution is an equal opportunity provider.

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

PBJ Pack
Sandwich
Cheese Stick
Cheez Its

WW Whole Wheat
WG Whole Grain

