



read
play
learn
run
dream

October

take time for
**school
BREAKFAST**



Elementary Breakfast Menu

Meal Prices	
Student	
Breakfast	\$1.70
Reduced	.30
Lunch	
	\$2.75
Reduced	.40
Adult	
Breakfast	\$2.15
Lunch	\$3.60
Extra Milk	.50

NON-DISCRIMINATION:
All children are treated the same regardless of ability to pay. In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, religion, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the USDA, Director, Office of Adjudications, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

All Meals Served With Choice of Milk:

- 1% White
- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Fresh Fruits & Vegetable Bar Offered

Monday	Tuesday	Wednesday	Thursday	Friday
	1 WHOLE GRAIN DONUT OR CEREAL VARIETY	2 BREAKFAST TAC-GO, SALSA OR ASSORTED POP TARTS	3 COCOA PUFFS PASTRY BAR OR CEREAL VARIETY	4 APPLE CINNAMON TOAST OR ASSORTED POP TARTS
7 BREAKFAST PIZZA OR ASSORTED POP TARTS	8 WHOLE GRAIN DONUT OR CEREAL VARIETY	9 BREAKFAST TAC-GO, SALSA OR ASSORTED POP TARTS	10 COCOA PUFFS PASTRY BAR OR CEREAL VARIETY	11 APPLE CINNAMON TOAST OR ASSORTED POP TARTS
14 BREAKFAST PIZZA OR ASSORTED POP TARTS	15 WHOLE GRAIN DONUT OR CEREAL VARIETY	16 BREAKFAST TAC-GO, SALSA OR ASSORTED POP TARTS	17 COCOA PUFFS PASTRY BAR OR CEREAL VARIETY	18 <u>OPEN SITE MENU:</u> CEREAL VARIETY
21 BREAKFAST PIZZA OR ASSORTED POP TARTS	22 WHOLE GRAIN DONUT OR CEREAL VARIETY	23 BREAKFAST TAC-GO, SALSA OR ASSORTED POP TARTS	24 COCOA PUFFS PASTRY BAR OR CEREAL VARIETY	25 APPLE CINNAMON TOAST OR ASSORTED POP TARTS
28 BREAKFAST PIZZA OR ASSORTED POP TARTS	29 WHOLE GRAIN DONUT OR CEREAL VARIETY	30 BREAKFAST TAC-GO, SALSA OR ASSORTED POP TARTS	31 COCOA PUFFS PASTRY BAR OR CEREAL VARIETY	



My Plate is based on the current dietary guidelines released by the government, which encourages Americans to eat more fruits, vegetables, whole grains, and fewer processed foods. It is a reminder to find your healthy eating style and build it throughout your lifetime.

Money may be deposited into your students meal account by sending cash or personal checks payable to the school nutrition center or by paying online with a credit/debit card using www.myschoolbucks.com





OCTOBER

Elementary Lunch Menu

**CHECK OUT THE NEW
MUNCHABLE MEALS
OFFERED EACH DAY
AT LUNCH!**

Meal Prices
Student
Breakfast \$1.70
Reduced .30
Lunch \$2.75
Reduced .40
Adult
Breakfast \$2.15
Lunch \$3.60
Extra Milk .50

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- Fat Free Strawberry
- Fat Free Chocolate
- 100% Fortified Juice Offered

Breakfast Cereals are reduced sugar and whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National School Lunch Week October 14-18, 2019</p>	1 GRILLED CHEESE SANDWICH TATER TOTS OR QUESO CHICKEN NACHOS, SALSA OR SUNBUTTER & JELLY MUNCHABLE	2 SPAGHETTI, BREADSTICK OR MINI CORN DOGS OR PIZZA MUNCHABLE	3 CHICKEN PATTY MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO, SALSA OR YOGURT MUNCHABLE	4 FIESTADA PIZZA OR BREAKFAST SAUSAGE & EGG BISCUIT OR SUNBUTTER & JELLY MUNCHABLE *CHERRY CRISP
	7 CHICKEN & NOODLES, BISCUIT OR HOT DOG OR YOGURT MUNCHABLE	8 BEEF ENCHILADAS MEXICAN-STYLE RICE OR CHICKEN SANDWICH OR SUNBUTTER & JELLY MUNCHABLE *BIRTHDAY TREAT	9 FISH STICKS, MAC N CHEESE OR CHEESEBURGER OR PIZZA MUNCHABLE	11 CHILI, CRACKERS, & CINNAMON ROLL OR CHEESE RIPPER, MARINARA OR SUNBUTTER & JELLY MUNCHABLE
	14 MANDARIN CHICKEN STIR-FRIED RICE OR RIB-Q ON BUN, CHEETO PUFFS OR YOGURT MUNCHABLE	15 HOT HAM & CHEESE SANDWICH SWEET POTATO TRAX OR FIESTA NACHOS OR SUNBUTTER & JELLY MUNCHABLE	16 LASAGNA ROLLUP OR MINI CORN DOGS OR PIZZA MUNCHABLE	17 BREADED CHICKEN DRUMSTICK MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO OR YOGURT MUNCHABLE
21 CHICKEN SANDWICH OR MAC N CHEESE OR YOGURT MUNCHABLE	22 HARD SHELL TACOS, SALSA MEXICAN-STYLE RICE OR CHEESE RIPPER, MARINARA OR SUNBUTTER & JELLY MUNCHABLE	23 CHICKEN TERIYAKI LO MEIN NOODLES OR HOT DOG OR PIZZA MUNCHABLE	24 COUNTRY STYLE STEAK MASHED POTATOES & GRAVY HOT ROLL OR NACHO BITES, SALSA, OR YOGURT MUNCHABLE	25 CHEESEBURGER, BAKED FRIES OR PEPPERONI PIZZA OR SUNBUTTER & JELLY MUNCHABLE
28 CHICKEN & WAFFLES, SYRUP OR RIB-Q ON BUN, CHEETO PUFFS OR YOGURT MUNCHABLE	29 GRILLED CHEESE SANDWICH TATER TOTS OR QUESO CHICKEN NACHOS, SALSA OR SUNBUTTER & JELLY MUNCHABLE	30 SPAGHETTI, BREADSTICK OR MINI CORN DOGS OR PIZZA MUNCHABLE	31 SPOOK-TACULAR CHICKEN NUGGETS MASHED POTATOES & GRAVY DINNER ROLL OR BEAN & CHEESE BURRITO, SALSA OR YOGURT MUNCHABLE *CELEBRATION SIDEKICK FRZ JUICE CUP* 	



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Fresh Fruits & Vegetable Bar Offered Daily.