



October Breakfast / Lunch Menu

3 <u>Biscuits and Gravy</u> BBQ Sandwich Chips Fruit Salad	4 <u>Breakfast Hot Pocket</u> Spaghetti w/Meat Sauce Green Beans & Bread sticks Fruit Salad	5 <u>French Toast Sticks</u> Grilled Chicken Breast Sweet Potato Mixed Veggies Fruit and Salad	6 <u>Oatmeal</u> Tater Tot Casserole Broccoli Fruit Salad
10 <u>Waffle Sticks</u> Chicken Stir Fry Fruit Salad	11 <u>Poptart and Fruit Cup</u> Taco Salad Pinto Beans Fruit Salad	12 <u>Muffins and Yogurt</u> Chicken Casserole Spanish Rice Fruit Salad	13 <u>Sausage, Egg, Biscuit</u> Chile Dog / Hot Dog French Fries Fruit Salad
17 <u>Cereal Bar and Yogurt</u> Burrito Spanish Corn Fruit Salad	18 <u>Breakfast Pizza</u> Sub Sandwich Mac & Cheese Fruit Salad	19 <u>Biscuits and Gravy</u> Sloppy Joes Green Beans Fruit Salad	20 <u>Blueberry Pancakes</u> Hamburgers Chips Fruit Salad
24 <u>Oatmeal</u> Tacos Refried Beans and Rice Fruit Salad	25 <u>Sausage On A Stick</u> Chicken Fried Steak Mashed Potato and Corn Gravy and Roll Fruit and Salad	26 <u>Ham and Egg Biscuit</u> Southwestern Bean Soup Cornbread Fruit Salad	27 <u>Donuts</u> Pizza Italian Veggies Fruit Salad
31 <u>Cold Cereal</u> Cheese Quesadilla Ranchero Corn Fruit Salad			

1% low fat chocolate and regular milk is offered at breakfast and lunch. Apple and orange juice is also offered with breakfast and lunch.

