

OCTOBER 2023

BREAKFAST AND LUNCH MENU

Kelliher School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Muffin/ Cheese Stick/Pears Juice/Milk Spaghetti w/Meat Sauce/ Green Beans/ Toasted Garlic Bread/ Peaches/ Milk	3 Breakfast Bites w/syrup Fruit Cocktail/ Juice/Milk Chicken Patty on a Bun/ French Fries/ Applesauce/ Milk	4 Banana Bread/ Hard Cooked Egg Banana/Juice/Milk Chili w/Cheese Slice/ Cinnamon Roll/ Carrot & Celery Sticks/ Pears/ Milk	5 Cereal or Oatmeal Toast/Peaches/Juice/Milk Chicken Gravy/Mashed Potatoes Oranges/Milk	6 Egg Patty/ Toast/ Pears/ Juice/Milk Quesadilla/ Mexicali Corn Fruit Cocktail/Milk
9 Cereal/ Hard Cooked Egg Oranges/Juice/Milk Sub Sandwich on a Bun/ Lettuce/ Tomato/ Chips/ Apple/ Milk	10 French Toast Sticks/ Syrup/ Fruit Cocktail/ Juice/Milk Chicken Strips/ French Fries/KiwiDinner/ Roll/ Milk	11 Muffin/ Cheese Stick PeachesJuice//Milk Creamy Wild Rice Soup Egg Salad or Grilled Cheese Sandwich/Tomatoes/Celery/ Pears/Milk	12 Granola Bar/ Yogurt/Applesauce Juice/Milk Tater Tot Hotdish/Peas/ Dinner Roll/ Pineapple/ Milk	13 Pancakes w/syrup/Berries Juice/ Milk Hot dog on Bun/Baked Beans Apples/Milk
16 Breakfast Round/ Cheese Stick/ Apple Slices/ Juice/Milk Chicken Fajita/ Tortilla/ Black Bean Salsa/ Oranges/ Milk	17 Breakfast Bites/ Syrup/ Fruit Cocktail/ Juice/Milk Hamburger on a Bun/ Potato Wedges/ Pears/ Milk	18 Cereal/ Hard Cooked Egg/ Peaches/ Juice/ Milk Pizza/ Glazed Carrots/ Pasta Veggie Salad/ Cinnamon Applesauce/ Milk	19 MEA	20 MEA
23 Mini Bagel/ Cheese Stick/Oranges/Juice/Milk Rib Patty/ WG Bun/ Coleslaw Celery Sticks/ Pears/Milk	24 Egg Patty/ Toast Applesauce Juice/Milk Tacos/ Refried Beans/lettuce Tomatoes/ Pineapple/ Milk	25 Cinnamon Roll/Hard cooked Egg Banana/Juice/Milk Chicken Nuggets/ Broccoli/ Peaches/ Dinner Roll/ Milk	26 Cereal/ Toast w/Jelly/ Fruit Cocktail/Milk Pizza Burger/ Carrots/ Applesauce/ Milk	27 Breakfast Pizza Pineapple/ Juice/Milk Pancakes w/Syrup/ Sausage Patty Hash brown Patty/ Fruit/ Milk
30 Muffin/Cheese Stick Pears/Juice/Milk Cheesy Breadsticks/ Marinara Sauce/ Green Beans/ Pears/ Milk	31 Waffles Sticks/ Syrup/Peaches/ Juice/Milk Hamburger Gravy on Mash Potatoes/ Dinner Roll/ Fruit Cocktail/ Milk			