

Breakfast / Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Alternate breakfast every day: cereal and toast or oatmeal</p> <p>Alternate lunch every day: PB, PBJ or cheese sandwich, PB and fluff only on Tuesday / Thursdays</p>	<p>A variety of fruit will be available daily for breakfast and lunch</p> <p>Fresh fruit and vegetable program snacks provided for grades K-6 on Mondays & Fridays</p>	<p>1 Chocolate chip muffins and yogurt</p> <p>Roasted chicken, taters, gravy and peas</p>	<p>2 Bagels and cream cheese</p> <p>Tacos with lettuce, tomatoes, cheese and onions.</p>	<p>3 Waffles and sausage</p> <p>Grilled cheese, tomato soup, carrots and hummus</p>	<p>4 Superintendent's Conference Day</p> <p style="border: 1px solid black; padding: 5px; text-align: center;">No School For Students</p>	<p>5</p>
<p>6</p>	<p>7 Ham, egg and cheese on croissant</p> <p>Sloppy Joes, fries and corn</p>	<p>8 Pancakes with syrup</p> <p>Goulash, bread sticks and carrots</p>	<p>9 Scrambled eggs and toast</p> <p>Fish fillet, tarter sauce and cucumber slices</p>	<p>10 Fruit parfaits with granola</p> <p>Chicken nuggets, tater tots, red peppers and hummus</p>	<p>11 Danish and yogurt</p> <p>Roasted turkey, gravy, mashed potatoes and broccoli</p>	<p>12</p>
<p>13</p>	<p>14 Columbus Day No School</p>	<p>15 French toast sticks and syrup</p> <p>Chicken patty on bun, waffle fries, lettuce, tomato and onions</p>	<p>16 Bacon, egg and cheese on a bagel</p> <p>Ziti, garlic toast, celery and hummus</p>	<p>17 Blueberry muffin and yogurt</p> <p>Turkey and cheese wrap, lettuce, tomato and onions</p>	<p>18 Pancakes and bacon</p> <p>Cheese pizza and cauliflower</p>	<p>19</p>
<p>20</p>	<p>21 Waffles and ham</p> <p>Cheeseburger, fries, lettuce, tomato and onions</p>	<p>22 Cheesy eggs and toast</p> <p>Ham and cheese sandwich, lettuce, tomato and onions</p>	<p>23 French toast and syrup</p> <p>Chicken nuggets, fries and corn</p>	<p>24 Fruit parfaits with granola</p> <p>Dip it day: corn dog, mozzarella sticks, carrots and hummus</p>	<p>25 Bagels and cream cheese</p> <p>Lasagna, garlic toast and green beans</p>	<p>26</p>
<p>27</p>	<p>28 Sausage, egg and cheese on English muffin</p> <p>Tacos with lettuce, tomato, cheese and onion</p>	<p>29 Eggs and toast</p> <p>Bologna sandwich, chicken noodle soup, lettuce, tomato and onions</p>	<p>30 Danish and yogurt</p> <p>Grilled hotdog, beans and peas</p>	<p>31 Bagels and cream cheese</p> <p>Mac 'n' cheese, dinner roll and broccoli</p>		