

October 2024 Breakfast & Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Cereal, Toast, Fruit Beef Stew over Biscuit	1 Pumpkin Bread Sweet N Sour Chicken, Rice or Quinoa	2 Late Start – NO BREAKFAST Biscuit Pretzel Dogs	3 Cereal, Toast, Fruit Hamburger Hash	4 Scones Ham and Au Gratin Potatoes	5
6 National School Lunch Week	7 Cereal, Toast, Fruit “Ships A Sail with Fish of the Sea”	8 Muffin “Black Beards Treasure Map”	9 Cereal, Toast, Fruit “First Mate Peg Leg Feast”	10 Cereal, Toast, Fruit “Cannonballs over Troubled Water”	11 Cider Apple Donuts “Land Ahoy! Black Beard’s Treasure”	12
13	14 Cereal, Toast, Fruit Chicken Pot Pie over Noodles	15 Yogurt Parfait, Pumpkin Granola Optional Summer Sausage Sandwich, Knoephla Soup	16 Apple Turnover Pizza Sticks, Roasted Chick Peas	17 NO SCHOOL	18 NO SCHOOL	19
20	21 Cereal, Toast, Fruit Farmhouse Barbeque Muffins	22 Oatmeal Breakfast Cookie Cheeseburger Hotdish	23 Cereal, Toast, Fruit Roast Beef, Mashed Potatoes and Gravy	24 Cereal, Toast, Fruit Pork Lo Mein	25 Carmel or Cinnamon Roll Pizza Burger or Black Bean Burger, Mozza Sticks	26
27	28 Cereal, Toast, Fruit Taco Noodle Hotdish	29 Mummy Sausage Wraps Chicken Noodle Soup, Sandwich	30 Cereal, Toast, Fruit Beef Shepherd’s Pie	31 Spooky Flapjacks French Bread Pizza Mummies	1 Cereal, Toast, Fruit Hot Dog or Chili Dog, French Fries	

All breakfasts are served with choice of cereal, fruit or juice, milk, and whole wheat toast

All lunches served with fruit, milk, bread, and salad bar

*Menu subject to change

National Dakota Harvest Month Featuring : Apples

National School Lunch Week is October 7-11. Enjoy the Pirate Theme!

Monday: Hot Dogs and Goldfish Crackers

Tuesday: Taco Quesadilla

Wednesday: French Toast Sticks

Thursday: Meatball with Gravy over Mashed Potatoes

Friday: Hot Ham and Cheese, Tater Tots and Gold Coin Chocolates

This institution is an equal opportunity provider.