

# OCTOBER 2024

## BREAKFAST



**School Information:** Type your school information here.



**Cinnamon Roll Day is October 4.** Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



### MONDAY

Whole Grain French Toast  
Sausage Link  
Fresh Fruit  
Milk or Orange Juice

### TUESDAY

Whole Grain Pancakes **1**  
Bacon  
Fresh Fruit  
Milk or Orange Juice

### WEDNESDAY

Sausage, Egg & Cheese Sandwich on a WG English Muffin **2**  
Fresh Fruit  
Milk or Orange juice

### THURSDAY

Pastry & Scrambled Eggs **3**  
Fresh Fruit  
Milk or Orange Juice

### FRIDAY

Whole Grain French Toast **7**  
Sausage Link  
Fresh Fruit  
Milk or Orange Juice

Whole Grain Pancakes **8**  
Bacon  
Fresh Fruit  
Milk or Orange Juice

Sausage, Egg & Cheese Sandwich on a WG English Muffin **9**  
Fresh Fruit  
Milk or Orange juice

Pastry & Scrambled Eggs **10**  
Fresh Fruit  
Milk or Orange Juice

Whole Grain French Toast **14**  
Sausage Link  
Fresh Fruit  
Milk or Orange Juice

Whole Grain Pancakes **15**  
Bacon  
Fresh Fruit  
Milk or Orange Juice

Sausage, Egg & Cheese Sandwich on a WG English Muffin **16**  
Fresh Fruit  
Milk or Orange juice

Pastry & Scrambled Eggs **17**  
Fresh Fruit  
Milk or Orange Juice

Yogurt, Granola & Fresh Fruit Parfait **18**  
Milk or Orange Juice

Whole Grain French Toast **21**  
Sausage Link  
Fresh Fruit  
Milk or Orange Juice

Whole Grain Pancakes **22**  
Bacon  
Fresh Fruit  
Milk or Orange Juice

Sausage, Egg & Cheese Sandwich on a WG English Muffin **23**  
Fresh Fruit  
Milk or Orange juice

Pastry & Scrambled Eggs **24**  
Fresh Fruit  
Milk or Orange Juice

Yogurt, Granola & Fresh Fruit Parfait **25**  
Milk or Orange Juice

Whole Grain French Toast **28**  
Sausage Link  
Fresh Fruit  
Milk or Orange Juice

Whole Grain Pancakes **29**  
Bacon  
Fresh Fruit  
Milk or Orange Juice

Sausage, Egg & Cheese Sandwich on a WG English Muffin **30**  
Fresh Fruit  
Milk or Orange juice

Pastry & Scrambled Eggs **31**  
Fresh Fruit  
Milk or Orange Juice



# OCTOBER 2024

## LUNCH



**School Information:** Type your school information here.



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Blank area for Monday lunch menu.

BBQ Rib Sandwich on a Whole Grain Roll **1**  
Coleslaw  
Fresh Fruit  
Milk

Macaroni and Cheese  
Garlic Bread **2**  
Peas  
Fresh Fruit  
Milk

Chicken Tenders  
Tater Tots  
Fresh Fruit  
Milk **3**

Blank area for Friday lunch menu.

Cheese Quesadilla with Sour cream and Salsa **7**  
Mexican Style Rice  
Fresh Fruit  
Milk

BBQ Pulled Pork on a Whole Grain Bun **8**  
Coleslaw  
Fresh Fruit  
Milk

Sweet and Sour Chicken over Rice **9**  
Broccoli  
Fresh Fruit  
Milk

Meatball Sub on a Whole Grain Roll **10**  
Corn  
Fresh Fruit  
Milk

Blank area for Friday lunch menu.

Nachos With Taco Meat Sour Cream & Salsa **14**  
Mexican Style Rice  
Fresh Fruit  
Milk

Chicken Burger on a whole Grain Bun **15**  
Potato Wedges  
Fresh Fruit  
Milk

Chop Suey with Local Beef **16**  
Garlic Knots  
Peas  
Fresh Fruit  
Milk

Baked Mackenzie Ham With Cheesy Potatoes **17**  
Carrots  
Fresh Fruit  
Milk

Cheese or Peperoni Pizza **18**  
Garden Salad  
Fresh Fruit  
Milk

Taco Pie with Sour Cream and Salsa **21**  
Mexican Style Rice  
Fresh Fruit  
Milk

BBQ Sloppy Joe on a Whole Grain Bun **22**  
Tater Tots  
Fresh Fruit  
Milk

Ravioli in Marinera WG Texas Toast **23**  
Fresh Fruit  
Milk

Chili Cheese Dogs on a WG Roll **24**  
Corn  
Fresh Fruit  
Milk

Cheese or Peperoni Pizza **25**  
Garden Salad  
Fresh Fruit  
Milk

Chicken Fajita with Sour Cream and Salsa **28**  
Mexican Style Rice  
Fresh Fruit  
Milk

Plain or Cheeseburger on a Whole Grain Roll **29**  
Potato Wedges  
Fresh Fruit  
Milk

Chicken Parmesan Linguini in Marinera sauce **30**  
Fresh Fruit  
Milk

Shepards Pie WG Biscuit **31**  
Fresh Fruit  
Milk

