

OCTOBER BREAKFAST 2024

Health-e Pro 

MON

TUE

WED

THU

FRI

	1 Blueberry Waffle, Banana Applesauce Pancake Syrup Milk	2-2 HR LATE START Cereal Peaches Fruit Punch Milk	3 Dutch Waffle Strawberries Fruit Punch Milk	4 Apple Frudel Orange Juice Pears Milk
7 Brekkie Bar Dragon Punch Mandarin Oranges Milk	8 Breakfast Pizza Sliced Peaches Grape Juice Milk	9 Mini Pancake Wraps Kiwi Fruit Punch Pancake Syrup Milk	10 English Muffin Ham Patty Pineapple Dragon Punch Milk	11 Cream Cheese Bagel Fresh Orange Applesauce Milk
14 Benefit Bar Dragon Punch Mixed Fruit Milk	15 Breakfast Pizza Sliced Peaches Grape Juice Milk	16 Scooby Doo Crackers Yogurt Mandarin Oranges Apple Juice Milk	17 NO SCHOOL	18 NO SCHOOL
21 NO SCHOOL	22 Cream Cheese Bagel Fresh Orange Pineapple Chunks Milk	23 Cheese Omelet Blueberry Muffin Applesauce Fruit Punch Milk	24 Sausage Patty French Toast Strawberries Apple Juice Pancake Syrup Milk	25 Apple Frudel Orange Juice Sliced Pears Milk
28 Brekkie Bar Dragon Punch Mandarin Oranges Milk	29 Mini Waffles Fresh Orange Pineapple Chunks Pancake Syrup Milk	30 English Muffin Ham Patty Apple Juice Pineapple Milk	31 Sausage Patty Biscuit Grape Juice Applesauce Milk	

ANNOUNCEMENTS

Breakfast requirements Students must select at least 3 food components
Fruit/Vegetable at least ½ cup- required
Grains
OR
Meat/Meat Alternate
OR
Milk

Students must select at least 3 food items
A food component is one of the required food groups (fruit/vegetable, grains, meat/ meat alternate and milk). A food item is a specific food offered. Some menu items may be planned to count as two items. For example, a large muffin may count as two grain items. Another example, breakfast pizza may count as a grain and a meat/meat alternate.
MENU SUBJECT TO CHANGE

MEAL PRICES

Students receive Free
Breakfast
This institution is an equal
opportunity provider.

OCTOBER LUNCH 2024

Health-e Pro 

MON

TUE

WED

THU

FRI

	<p>1 Spaghetti/Garlic Toast Garden Salad, Corn Kiwi Peaches Milk Condiments included</p>	<p>2 PK-2 Popcorn Chicken 3-12-Mandarin Orange Chicken, Rice Pilaf Garden Salad Stir Fry Veggies, Cucumber Mandarin Oranges Pineapple, Milk Condiments included</p>	<p>3 Beef Nachos Garden Salad, Red Pepper, Salsa Pineapple, Mixed Fruit Tortilla Chips Milk Condiments included</p>	<p>4 PK-6 Hot Ham & Cheese/Bun 7-12 Italian Sub Garden Salad Fresh Carrots Peaches, Grapes Chips, Milk Condiments included</p>
<p>7 Sloppy Joe/Bun Garden Salad Tater Tots Peaches, Strawberries Milk Condiments included Stuffed Crust Cheese</p>	<p>8 Macaroni & Cheese Garden Salad, Broccoli Salsa Apple Pears, Milk Condiments included</p>	<p>9 Garlic French Bread Pizza Garden Salad, Corn Marinara Sauce Grapes, Mandarin Oranges, Milk Condiments included Ham or Turkey Sub</p>	<p>10 WG Pork Chop/Gravy Dinner Roll Garden Salad Mashed Potatoes Pears, Applesauce Milk Condiments included</p>	<p>11 Hot Dog/Bun Garden Salad Baked Beans Watermelon Peaches Milk Condiments included</p>
<p>14 Pizza Garden Salad Broccoli Watermelon, Pineapple Milk Condiments included</p>	<p>15 WG Chicken Patty/Bun Garden Salad Baked Beans Peaches, Mixed Fruit Milk Condiments included</p>	<p>16 Garden Salad Fresh Carrots Pickle Strawberries, Applesauce Milk Condiments included</p>	<p>17 NO SCHOOL</p>	<p>18 NO SCHOOL</p>
<p>21 NO SCHOOL</p>	<p>22 Mini Corn Dogs Garden Salad Scalloped Potatoes Mango Juice Cup Strawberries Milk Condiments included</p>	<p>23 Garlic Cheese French Bread Pizza/Chips Garden Salad, Cooked Carrots, Marinara Sauce Pears, Apple, Milk Condiments included</p>	<p>24 Creamed Chicken/Biscuit Garden Salad Green Beans Mandarin Oranges, Kiwi, Milk Condiments included</p>	<p>25 Pizza Cruncher Garden Salad Baked Beans Marinara Sauce Pineapple, Mixed Fruit Milk Condiments included</p>
<p>28 Pulled Pork/Bun Garden Salad, Cole Slaw, Pickle Baked Beans, Pineapple, Melon Mix, Milk Condiments included</p>	<p>29 Hamburger Gravy Garden Salad Mashed Potatoes, Corn Sliced Peaches, Strawberries Milk Condiments included</p>	<p>30 Crisпитos Garden Salad Broccoli, Salsa Watermelon Applesauce, Bread Milk Condiments included</p>	<p>31 PK-2 Popcorn Chicken 3-12 Sweet & Sour Chicken Garden Salad Stir Fry Veggies Cucumbers Grapes, Pears, Rice Pilaf Milk Condiments included</p>	

ANNOUNCEMENTS

Meal Requirements
Students must select at least 3 food components Fruit/Vegetable
Required
Grains
Meat/Meat Alternate
Milk
Students must select at least 3 food components
A food component consists of one of the required food groups (fruit/vegetable, grains, meat/ meat alternate and milk).

MENU SUBJECT TO CHANGE

MEAL PRICES

School Lunches-Free Served Daily
Grades 7-12-Offered:
Salad Bar
Chef Salad
Parfait
Cold Sandwich
All items include Fruit ,Vegetable, Grain & Milk

This institution is an equal opportunity provider.