

OCTOBER 2022

Henry L. Slater Elementary Menu


BREAKFAST IS COMPLEMENTARY TO ALL STUDENTS (after morning bell)

Lunch – **\$3.00** paid SY22-2023 & **0¢**-reduced Extra Milk – **45¢** Juice is **.45¢**

Lunch includes: Entrée with Salad bar options, fruit, vegetable, breads grains, Oregon Milk (Nonfat - 1%)

Menu is subject to change. Some items may contain nuts.

Food allergies need to be documented by a licensed doctor and a faxed or written copy sent to the kitchen & office when student is participating in the breakfast or lunch programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>3 Breakfast Berry French Toast Fruit & Milk Lunch Chili w/ Corn bread Meat Sand Fruit, Veggies, Milk</p>	<p>4 Breakfast Cereal bar w/ String Cheese Fruit & Milk Lunch Cheese Burgers Bean Burrito Rice Bowl w/ Fruit, Veggies, Milk</p>	<p>5 Breakfast WG Muffins w/Cracker Applesauce & Milk Lunch Meat Spaghetti w/ Tx Toast Corn Dog Fruit, Veggies, Milk</p>	<p>6 Breakfast Cereal, Cracker Banana & Milk Lunch Pizza PB & J Sand w/ Cheese Stick Fruit, veggies, Milk</p>
<p>10 Breakfast Chocolate Oat Bar Peaches & Milk Lunch Hamburger Hot Dog w/ Baked Beans Fruit , Veggies, Milk</p>	<p>11 Breakfast Bagel w/ Cream cheese Applesauce & Milk Lunch Quesadilla Chicken Fajita Sand Fruit, veggies, Milk</p>	<p>12 Breakfast Warm Waffle Apple & Milk Lunch Orange Chicken w/ Fried Rice Turkey & Cheese Wrap Fruit, veggies, Milk</p>	<p>13 Breakfast Cereal w/ Cracker Banana & Milk Lunch Pizza Stix w/ Marinara Toasted Cheese Sand Fruit, veggies, Milk</p>
<p>17 Breakfast Cereal Bar w/ String Cheese Apple, Milk Lunch Chicken Nuggets Toasted Cheese Sand Baked Beans Fruit, veggies, Milk</p>	<p>18 Breakfast Yogurt w/ Cracker Fruit, Milk Lunch Nacho's w/ Meat & Cheese Bean & Cheese Burrito Sweet Corn Fruit, veggies, Milk</p>	<p>19 Breakfast Cinnamon Roll Applesauce, Milk Lunch Meat Lasagna w/ TX Toast or Soft Pretzel w/ /Cheese Green Beans Fruit, veggies, Milk</p>	<p>20 Breakfast Cereal , Sun seeds Dried Fruit & Milk Lunch BBQ Pork Rib Sand Meat Salad & Roll Fruit, veggies, Milk</p>
<p>24 Breakfast Apple Strudel Apple Juice, Milk Lunch Crispy Chicken Burger Corn Dog French Fries Fruit, veggies, Milk</p>	<p>25 Breakfast Hot Biscuit w/ Applesauce Milk Lunch Crunchy Beef Taco Mexi- Chicken Salad Refried Beans & Seasoned Rice Fruit, veggies, Milk</p>	<p>26 Breakfast Nutri- Grain Bar w/ Cracker Peaches, Milk Lunch Italian Meatball Sub Yogurt & Granola Pack Fruit, veggies, Milk</p>	<p>27 Breakfast Cereal, Cracker Banana & Milk Lunch Baked Potato w/Cheese Roll Ham & Cheese Sand Fruit, veggies, Milk</p>
<p>31 Breakfast Apple Strudel Apple Juice, Milk Lunch Alfredo & Noodles w/ Tx Toast Chili Hot Dogs w/ Cheese Fruit, veggies, Milk</p>			

This institution is an equal opportunity provider.

