



SAIS, JAMES BURD, NANCY GRAYSON & LUHRS ELEMENTARY SCHOOLS
BREAKFAST & LUNCH MENU - OCTOBER 2022

Daily 1st Lunch Choice and Breakfast Choices

3	4	5	6	7
Mac & Cheese	Mucho Nachos w/ Turkey Taco Meat, Cheese, Lettuce & Tomatoes	Popcorn Chicken and Mashed Potatoes w/Gravy & Dinner Roll	Chicken Parm Sandwich	Fried Chicken Leg w/Cornbread & Rice
<i>FREE BREAKFAST BEGINS FOR ALL STUDENTS! Chocolate or Blueberry Muffin</i>	<i>Cinnamon or Triple Berry French Toast</i>	<i>Strawberry or Blueberry NutriGrain Bar</i>	<i>Maple or Blueberry Waffles</i>	<i>Strawberry or Cinnamon Poptarts</i>
	11	12	13	14
NO SCHOOL FOR STUDENTS Act 80 Day	Cheese Quesadilla w/Salsa	French Toast Brunch w/Sausage Patty & Hash Brown	Sloppy Joe Sandwich	Mini Corn Dogs
<i>Strawberry or Chocolate Chip Oatmeal Bar</i>	<i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	<i>Pancake Sausage Stick or Apple Strudel</i>	
17	18	19	Anti-Bullying Day 20	21
Cereal Fun Lunch	Chicken Tacos w/Cheese, Lettuce & Tomatoes	Chicken Tenders and Mashed Potatoes w/Gravy & Dinner Roll	Cheesy Dunkers w/ Marinara	Fish w/ Mac & Cheese
<i>Chocolate or Blueberry Muffin</i>	<i>Cinnamon or Triple Berry French Toast</i>	<i>Strawberry or Blueberry NutriGrain Bar</i>	<i>Maple or Blueberry Waffles</i>	<i>Strawberry or Cinnamon Poptarts</i>
24	25	26	27	28
Pulled Pork Sandwich	Walking Taco w/Cheese, Lettuce and Tomatoes	Sausage & Egg Bagel Brunch w/Hash Brown	Cheese Ravioli	Toasted Cheese Sandwich
<i>Apple or Banana Muffin</i>	<i>Strawberry or Chocolate Chip Oatmeal Bar</i>	<i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	<i>Pancake Sausage Stick or Apple Strudel</i>
 31	NOVEMBER 1	2	3	4
Dutch Chicken and Waffle	Chicken Quesadilla w/Salsa	Chicken Nuggets and Mashed Potatoes w/Gravy & Dinner Roll	Pasta & Meatballs w/ Texas Toast	Shepherd's Pie
<i>Chocolate or Blueberry Muffin</i>	<i>Cinnamon or Triple Berry French Toast</i>	<i>Strawberry or Blueberry NutriGrain Bar</i>	<i>Maple or Blueberry Waffles</i>	<i>Strawberry or Cinnamon Poptarts</i>

Daily Alternative Lunch Choice

Hot Dog	Chicken Patty Sandwich	Cheeseburger	Muffin Fun Lunch	Pizza
----------------	-------------------------------	---------------------	-------------------------	--------------

DAILY LUNCH VEGETABLES & FRUIT

Baked Beans	Green Beans	Steamed Carrots	Seasoned Corn	Steamed Broccoli
 Assorted Fresh Vegetables				
Assorted Fresh & Chilled Fruits				
Assorted Fat Free & 1% Milk				

DAILY BREAKFAST CHOICES

Assorted Fresh Fruit, Fruit Juice, and Milk

BEGINNING OCTOBER 1 - FREE BREAKFAST FOR ALL STUDENTS!

Visit www.shipk12.nutrislice.com for calorie, nutrition and food allergy information

Due to continuing supply chain issues, All menu items as subject to change without notice.