

BREAKFAST MENU/BIC

10/1 Parfait
(Grades 6-8 w/Chex)
Fruit Strudel (BIC & Grab N Go)

10/2 Chicken Biscuit

10/3 Ham & Cheese Croissant

10/4 Breakfast Sandwich

10/7 Mini Waffles #16122 or 16109
w/Sausage Patty

10/8 Ham & Cheese Croissant

10/9 Cinni Mini or Cinnamon Roll w/Yogurt

10/10 Chicken Biscuit

10/11 Pop Tart w/Cereal

10/14 Mini Pancake Bites

10/15 Cheese Toast w/Grits
IW Pizza (BIC & Grab N Go)

10/16 Smoothie w/Cereal

10/17 Egg Square & Croissant
(Grades 6-8 2 oz. Biscuit)

10/18 Cream Cheese Bagel & Sausage

10/21 French toast w/Sausage Link

10/22 Breakfast Pizza

10/23 Muffin, Cereal & Yogurt

10/24 Sausage Biscuit
(Grades 6-8 w/Cereal Bar)

10/25 Smoothie w/Cereal

10/28 Pancakes w/Sausage

10/29 Fruit Strudel w/Yogurt

10/30 Chicken Biscuit

10/31 Ham & Cheese Croissant

K-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekday 1-4		Chicken Tortilla Soup Yam Patty Garden Salad Tortilla Chips or Crackers (1 oz.)	Pork Patty on Bun Baked Beans Fries *Non pork students Hamburger Patty	Salisbury Steak or Turkey/Pork Roast Mashed Potatoes Gravy Green Sweet Peas Biscuit (1 oz.)	Deli Meat Sub Carrots Romaine Lettuce & Tomatoes Doritos Pickle Spear
Weekday 7-11	Chicken Tenders Dutch Waffle Sweet Potato Fries Broccoli	Jambalaya Brown Rice Green Beans Chef Salad Roll (1.25 oz.)	Hamburger Tots Romaine Lettuce Tomatoes Ketchup Mustard	Shrimp Poppers on Hoagie Bun Romaine Lettuce Tomatoes Fries Ketchup Tartar Sauce *Deli Sub for non-seafood students*	Crispito Black Beans Mexicali Corn Garden Salad
Weekday 14-18		Spaghetti w/Meat Sauce Green Beans Garden Salad Bread Stick	Corndog French Fries Coleslaw Ketchup Mustard	Oven Roasted Wings* Lima Beans Roasted Potatoes Cornbread (1 oz.) *Allowable Substitution: 8 way cut chicken	Pizza Corn Caesar Salad Sugar Cookie
Weekday 21-25	Hot Wings* Green Beans French Fries Hushpuppies (2) *Allowable Substitution: Chicken Tenders	Beef & Potato Soup Caesar Salad Carrots Breadstick Apple Crisp	BBQ Fajita on Tortilla Wrap Tots Romaine Lettuce Tomatoes	Cheesy Mozzarella Sticks or Bites Baked Potato Soup Broccoli	Hot Dog Potato Wedges Baked Beans Ketchup Mustard
Weekday 28-31	Breaded Chicken Bites or Nuggets Corn Sweet Potato Fries Biscuit	Chicken Tortilla Soup Yam Patty Garden Salad Tortilla Chips or Crackers (1 oz.)	Pork Patty on Bun Baked Beans Fries Brownie or Rice Crispy Treat *Non pork students Hamburger Patty	Salisbury Steak Turkey/Pork Roast Mashed Potatoes Gravy Green Sweet Peas Biscuit (1 oz.)	

OCTOBER

****MENUS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE****

ALL MEALS SERVED WITH CHOICE OF UNFLAVORED 1% LOWFAT, SKIM, FAT FREE STRAWBERRY OR FAT FREE CHOCOLATE MILK.

FRESH, CANNED OR FROZEN FRUIT SERVED DAILY AT BREAKFAST AND LUNCH.

100% FORTIFIED FRUIT JUICE SERVED DAILY WITH BREAKFAST AND TWICE PER WEEK WITH LUNCH.

The greatest weakness lies in giving up. The most certain way to succeed is always to try...just one more time.