


# October Menu 2017

All meals are served with 1% or fat free flavored milk

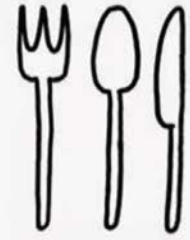
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>Chicken Parmesan Sub</b> WW Roll 2oz Chicken 3oz Cheese 2oz Marinara Sauce ¼ C Vegetable 1 Cup Fruit 1 Cup</p>	<p>3 <b>Cheese Burger</b> Beef 3oz Cheese 1oz WW Roll 2oz Potato Wedges 1 Cup Fruit 1 Cup</p>	<p>4 <b>Colonels Famous Bowl</b> Chicken Mashed Potato ½ cup Corn ½ Cup Gravy, Cheese Fruit 1 cup</p>	<p>5 <b>PIZZA</b> Vegetable 1 cup Fruit 1 cup</p>	<p>6 <b>Teacher Workshop Day</b></p>
<p>9 <b>Closed Columbus Day</b> </p>	<p>10 <b>Buffalo Chicken &amp; Cheese Quesadilla</b> Chicken 3oz Cheese 1oz WW Wrap 2oz Vegetable 1 Cup Fruit 1 Cup</p>	<p>11 <b>Pasta/W Sauce 2 Choices</b> Garlic Bread Vegetable 1 Cup Fruit 1 Cup</p>	<p>12 <b>BBQ Pork Sandwich</b> Bread 2oz Pork 4oz Potato Wedges Fruit 1 Cup</p>	<p>13 <b>PIZZA</b> Vegetable 1 cup Fruit 1 cup</p>
<p>16 <b>Deli Sandwich Bar</b> Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo Fruit 1 Cup</p>	<p>17 <b>Turkey w/ Gravy over mashed potato</b> ½ Cup Green Beans ½ Cup Cranberry Sauce ¼ Cup Stuffing ¼ Cup Fruit 1 cup</p>	<p>18 <b>Breakfast for Lunch</b> Croissant Sandwich Sausage Cheese Egg Hash Brown Fruit</p>	<p>19 <b>Grilled Cheese &amp; Tomato soup</b> WW Bread 2oz Cheese 2oz Soup 1 cup Vegetable 1 cup Fruit 1 cup</p>	<p>20 <b>PIZZA</b> Vegetable 1 cup Fruit 1 cup</p>
<p>23 <b>Cowboy Burger</b> WW Roll 2oz Burger 3oz Onion Rings Cheese 1oz Vegetable 1 cup BBQ Sauce 1oz Spicy Black Beans Fruit 1 Cup</p>	<p>24 <b>Chicken Chipotle Bowl</b> Chicken 3oz Cheese 1oz WW Wrap 2oz Peppers, Onions Lettuce, Salsa Dressing, Sour Cream Fruit 1 Cup</p>	<p>25 <b>Hot Beef Sundae</b> Beef 3oz Carrots ½ Cup Potato ½ cup Gravy WW Grain 2oz Fruit 1 cup</p>	<p>26 <b>Baked Potato</b> Potato 1 Ham 3oz Cheese 1oz WW Grain Fruit 1 cup</p>	<p>27 <b>PIZZA</b> Vegetable 1 cup Fruit 1 cup</p>
<p>30 <b>Sloppy Joe</b> Beef 3oz WW Roll 2oz Potato Wedges 1 Cup Fruit 1 Cup</p>	<p>31 <b>Halloween Scalloped Potato &amp; Ham</b> Vegetable 1 Cup Sun Cookie Fruit 1 Cup</p>	<p>11/1 <b>Buffalo Chicken Mac &amp; Cheese</b> Pasta 4oz Cheese 2oz Chicken 2oz Vegetable 1 cup Fruit 1 Cup</p>	<p>11/2 <b>Fish Sandwich</b> WW Roll 2oz Fish 2oz Cheese 1oz Vegetable 1 Cup Fruit 1 Cup</p>	<p>11/3 <b>PIZZA</b> Vegetable 1 cup Fruit 1 cup</p>

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You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

*Eat Green, Eat Healthy*



THE  
GREEN  
BAR

DREAM-ORACLE

**Breakfast Menu**  
**Served Daily**

**Breakfast Sandwich**

2oz. Whole Wheat Croissant  
1oz Turkey Sausage  
1oz. American Cheese  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

**Breakfast Cereal, Whole Grain**

Cinnamon Toast Crunch,  
Honey Nut Cheerios Golden Graham 1 cup  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

**Whole Wheat Bagel**

4oz. Bagel  
1oz Cream Cheese  
1 Piece or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

**Parfait**

Plain, Fat Free Yogurt 4oz.  
Strawberries 1 cup  
Granola 3oz

1% or Fat Free Flavored Milk

**Served Tuesday/ Thursday**

**Whole Wheat Raised Donut**

3oz Donut  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

**Muffin**

Blueberry Banana Muffin, or Cinnamon Coffee Cake  
1 Piece of Fruit or 1 Cup 100% Fruit Juice  
1 Cup 1% Milk or Fat Free Flavored Milk

**Served Wednesdays & Fridays**

**Fruit Smoothie**

6oz. Plain Fat Free Yogurt  
4oz Strawberries  
4oz Banana  
2oz 100% Orange Juice

**Sides**

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

**Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free**

**SERVED DAILY**

**Turkey or Ham Wrap**

Served with  
Wrap  
Cheese  
Lettuce  
Mustard/Mayo  
Fruit or Vegetable or Both

**Fresh Fruit Salad**

Cut up Fresh Fruit  
String Cheese  
Wheat Thins  
Vegetable

**Strawberry Parfait**

Granola  
Strawberries/ Blueberries  
Yogurt  
String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

**FULL SALAD BAR OPEN DAILY**

All meals are served with 1% or Fat Free Flavored milk  
Daily meals are subject to change due to product availability. Lunch meal \$3.05  
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