



Breakfast: Served with fruit/juice and milk daily. Cereal will be offered as an alternate.
Lunch: Served with fresh veggies, fruit and milk daily. Salad bar is offered as an alternate for grades 3-12. Menu is subject to change.

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Throw veggies in your smoothie. Leafy greens like spinach and kale offer major nutrition but don't drastically affect the taste of your smoothie. You can even try sweeter veggies like bright orange carrots!
USDA is an equal opportunity provider and employer



Monday

Lumberjacks

2

Chicken Dippers, Rice Pilaf, Sweet Potato Fries, and Fresh Apples

Breakfast Bites

9

Pepperoni Pizza, Green Beans, and Bananas

French Toast Sticks

16

Mini Corn Dogs, Baked Beans and Fresh Apples

Pancakes

23

BBQ Pulled Pork Sandwich or PB&J, Cole Slaw, Baked Beans and Apples

Mini Pancakes

30

Cowboy Burger (Burger w/ Cheese, BBQ Sauce and Onion Rings), Baked Beans and Fruit Sorbet Cup

Tuesday

Scrambled Eggs & Toast

3

Tacos in A Bag With All the Fixins, Roasted Chick Peas, and Grapes

Sunrise Muffin (Ham/Egg)

10

Mesquite Chicken Drummy, Mac n' Cheese, Peas and Fresh Apples

Cheesy Egg Wrap

17

Chicken Patty Sandwich, Seasoned Fries and Fresh Purple Grapes

Yogurt/Granola Parfait

24

Tacos w/ Fixins, Refried Beans, Homemade Pico de Gallo, and Pineapple

Halloween Long Johns

31

Halloween! Witches Brew Chili, Creepy Corn Bread and Boo-nanas!

Wednesday

Pancakes/Sausage

4

Homemade Pepperoni Pizza Hot Dish, Garlic Toast, Crinkle Cut Carrots, and Peaches

Yogurt/Granola Parfait

11

Homemade Cheeseburger Hot Dish, French Fries, Chips and Mandarin Oranges

Ham/Eggs with Toast

18

Spaghetti With Bread Stick, Green Beans and Bananas

Egg/Bacon Bosco Sticks

25

Chicken Alfredo With Pasta, Steamed Broccoli, Bread Stick, and Tropical Fruit Salad



Thursday

Breakfast Pizza

5

Hamburger w/ Toppings, Tator Tots and Pineapple

Breakfast Frittata w/ Toast

12

Baked Potato Bar w/ Toppings (Ham/Broccoli/Cheese/Butter/Sour Cream), Corn Bread, and Peaches

Lumberjacks

19

Brunch Lunch! Pancake Stack, Sausage/Egg Frittata, Potato Smiles, and Peaches

Breakfast Buffet

26

Pizza Dippers & Sauce, Crinkle Cut Carrots and Mandarin Oranges



Friday

No School

6

Oatmeal w/ Toppings

13

Grilled Ham and Cheese Sandwich, Tomato Soup, Roasted Cauliflower, and Apple Sauce

Omelet and Toast

20

Personal Pan Pizza, Oven Roasted Carrots, and Pears

Cheesy Eggs/Toast

27

Chicken Nuggets w/ Choice of Dipping Sauce, Mac n' Cheese, Green Beans and Fresh Purple Grapes