



OCTOBER 2017 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2 Sweet Potato Swirl Roll (33g)	10/3 Egg & Cheese Bosco Stick (17g)	10/4 Maple Mini Pancakes (39g)	10/5 Turkey Sausage Pancake Wrap (17g)	10/6 Bagel with Cream Cheese (28g)
10/9 NO SCHOOL	10/10 NO SCHOOL	10/11 NO SCHOOL	10/12 NO SCHOOL	10/13 NO SCHOOL
10/16 NO SCHOOL	10/17 NO SCHOOL	10/18 NO SCHOOL	10/19 NO SCHOOL	10/20 NO SCHOOL
10/23 Beef Sausage on Bun (20g)	10/24 Mini Cinnamon French Toast (37g)	10/25 NO SCHOOL	10/26 Maple Waffles (38g)	10/27 Strawberry Pancakes (40g)
<p>CHOOSE ONE MAIN ENTRÉE OR CHOOSE TWO OF THE FOLLOWING AT BREAKFAST: Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (15g) or Cheese Stick (1g) Orange juice (14g) and apple juice (14g) are offered daily with breakfast. A variety of fresh fruits, and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast and at lunch. Grams of carbohydrate for each food are listed in parenthesis (g).</p>			<p>Vegetables are offered daily and legumes weekly at lunch. **Sliced wheat bread (12g) offered with entree. * Tortilla strips (23g) offered with entrée. <> Meatless item <u>A complete breakfast and lunch are FREE to every student!!</u> Pork, seafood, and nut-containing products are not offered. Menu is subject to change. This institution is an equal opportunity provider. Revised 8/25/2017</p>	
LUNCH				
10/2 Pepperoni Pizza (30g) **Macaroni-n-Cheese (28g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g) Corn (17g)	10/3 Hamburger on Bun (20g) Turkey Hot Dog on Bun (26g) for <u>K-6 ONLY</u> Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g) <>	10/4 **Chicken Dippers (1g) Turkey Sausage & French Toast Sticks (39g) Soy Butter & Grape Jelly Sandwich (55g) <>	10/5 Hamburger/Bun (20g) Cheese Pizza (30g) <> **Chicken Fajita and Cheese Wrap (14g) Mixed Veggies - carrot, pea, green bean, lima bean, & corn (9g)	10/6 Chicken Patty on Bun (29g) Toasted Cheese Sandwich (24g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g)
10/9 NO SCHOOL	10/10 NO SCHOOL	10/11 NO SCHOOL	10/12 NO SCHOOL	10/13 NO SCHOOL
10/16 NO SCHOOL	10/17 NO SCHOOL	10/18 NO SCHOOL	10/19 NO SCHOOL	10/20 NO SCHOOL
10/23 **Chicken Nuggets (13g) Cheese & Bean Enchilada (42g) <> Soy Butter & Grape Jelly Sandwich (55g) <>	10/24 **Chicken Drumstick (5g) Ohio Day Cheese Pizza (41g) <> **Turkey Wrap (14-16g) & BBQ sauce (4g) Baked Beans (30g) <>	10/25 NO SCHOOL	10/26 *Walking Taco (27g) and Bread (13g) **Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *Turkey Wrap (14-16g) & BBQ sauce (4g)	10/27 Hamburger/Bun (20g) Toriyaki Chicken on Bun (40g) Soy Butter & Grape Jelly Sandwich (55g) <> Potato Wedges (14g)