

October Menus

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 No School | 3 Cinnamon Twist <u>G & G – Breakfast Bites</u> Corn Dog & French Fries Salad Bar, Fruit, Milk 2 nd Ch.-Club Sub, French Fries | 4 Scrambled Eggs & Toast <u>G & G – Breakfast Sandwich</u> Tacos, Salsa, Refried Beans Salad Bar, Fruit, Milk 2 nd Ch.-Roast Beef/ Cheese Wrap, Refried Beans Chef Salad (5 th -12 th) | 5 Breakfast Pizza <u>G & G – Muffin</u> Riblet Sandwich, Mac. Salad Salad Bar, Fruit, Milk 2 nd Ch.-Ham/Cheese Wrap, Mac. Salad | 6 Poptarts <u>G & G – Cinnamon Twist</u> Chicken Strip Wrap, Chips Salad Bar, Fruit, Milk 2 nd Ch.-Turkey/Cheese Sub, Chips Crispy Chicken Salad (5 th -12 th) |
| 9 <u>Muffins</u> <u>G & G – Poptarts</u> Pulled Pork Sandwich, Baked Beans Salad Bar, Fruit, Milk 2 nd – Club Wrap, Baked Beans Chef Salad (5 th -12 th) | 10 French Toast Stick <u>G & G – Breakfast Sandwich</u> Chicken Sandwich, Chips Salad Bar, Fruit, Milk 2 nd Ch.-Roast Beef/Cheese Wrap, Chips | 11 Sausage & Hashbrowns <u>G & G – Breakfast Pizza</u> Crispitos, Pretzel & Cheese Salad Bar, Fruit, Milk 2 nd Ch.–Ham/Cheese Sandwich, Pretzel & Cheese Grilled Chicken Salad (5 th -12 th) | 12 Breakfast Bites <u>G & G – Breakfast Burrito</u> Chicken Nuggets, French Fries Salad Bar, Fruit, Milk 2 nd Ch. - Turkey/Cheese Wrap, French Fries | 13 Donuts <u>G & G – Pancake on Stick</u> Hot Dog, Chips Salad Bar, Fruit, Milk 2 nd Ch.-Steak Sandwich, Chips Chef Salad (5 th -12 th) |
| 16 Breakfast Pizza <u>G & G – Muffins</u> BBQ Beef Sandwich, Fr. Fries Salad Bar, Fruit, Milk 2 nd Ch.-Ham/Cheese Sandwich, Fr. Fries Chef Salad (5 th -12 th) | 17 Fruit Strudel <u>G & G – Breakfast Sandwich</u> Sloppy Joe, Chips Salad Bar, Fruit, Milk 2 nd Ch.-Turkey/Cheese Wrap, Chips | 18 Waffle Sticks <u>G & G – Pancakes</u> Chili, Crackers, Cinnamon Twist Salad Bar, Fruit, Milk 2 nd Ch.-Hot Dog, Chips Chef Salad (5 th -12 th) | 19 Poptarts <u>G & G – Breakfast Bites</u> Chicken Strips, Tator Tots Salad Bar, Fruit, Milk 2 nd Ch.-Fish Sandwich, Tator Tots | 20 Yogurt <u>G & G – Donuts</u> Corn Dog, Dessert Salad Bar, Fruit, Milk 2 nd Ch.-Roast Beef/Cheese Sandwich, Dessert Crispy Chicken Salad (5 th -12 th) |
| 23 Pancakes <u>G & G – Cereal Bar & Go-gurt</u> Nachos, Salsa, Refried Beans Salad Bar, Fruit, Milk 2 nd Ch.- Chicken Sandwich, Refried Beans Grilled Chicken Salad (5 th -12 th) | 24 Cinnamon Twist <u>G & G – Breakfast Burrito</u> McRib Sandwich, Chips Salad, Bar, Fruit, Milk 2 nd Ch.-Roast Beef/Cheese Wrap, Chips | 25 Breakfast Bites <u>G & G – Pancakes & Go-gurt</u> Chicken Noodles, Mashed Potatoes, Corn, Roll Salad Bar, Fruit, Milk 2 nd Ch.-Turkey/Cheese Wrap, Chips Chef Salad (5 th -12 th) | 19 Poptarts <u>G & G – Muffins</u> Pizza, Cookie Salad Bar, Fruit, Milk 2 nd Ch.-Ham/Cheese Sub, Cookie | 27 No School |
| 30 Pancake on Stick <u>G & G – Cinnamon Twist</u> Hamburger, French Fries Salad Bar, Fruit, Milk 2 nd Hot Dog, French Fries Chef Salad (5 th -12 th) | 31 Pancakes <u>G & G – Breakfast Bites</u> Chicken Wrap, Rice Salad Bar, Fruit, Milk 2 nd Ch.-Roast Beef/Cheese Sandwich, Rice | <p>Breakfast is listed 1st each day. Grab & Go Breakfast is 2nd. Lunch is listed 3rd & 2nd Choice is listed below the line. Sometime options are just for HS or GS or for 5th-12th grades.</p> | | <p>MES – MJH – MHS October Menu</p> |