

Bellevue R-3 School District
October, 2019
MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
30 Breakfast Cereal Blueberry Muffin Fruit Juice Lunch Chicken and Noodles WG Bread Stick Mixed Vegetables Peaches Chocolate Chip Cookie	1 Breakfast WG Biscuit Biscuit Gravy Sausage Links/Patty Fruit Fruit Juice Lunch Mexican Haystack Mexican Beans Corn Cinnamon Triangles Pineapple Chunks	2 Breakfast Cereal Yogurt Fresh Fruit Fruit Juice Lunch Chicken Strips Mashed Potatoes Sweet Peas Cherry Crisp Texas Toast	3 Breakfast French Toast Sticks Syrup Fresh Fruit Fruit Juice Lunch BBQ Hamburger on Bun Baked Beans Tator Tots Mandarin Oranges	4 NO SCHOOL Staff Development 
7 Breakfast Cereal Bagel Cream Cheese Fruit Fruit Juice Lunch Corn Dog Ketchup French Fries Black Eyed Peas Mandarin Oranges	8 Breakfast Breakfast Lasagna Fruit Juice Lunch Beef Burrito w/Cheese Salsa Black Beans Mexican Corn Peaches	9 Breakfast Cereal Yogurt Fruit Fruit Juice Lunch Chicken Patty on Bun Mashed Potatoes Green Beans Fruit Salad	10 Breakfast Poached Egg WG Toast/Jelly Fruit Juice Lunch BBQ Rib on Bun Seasoned Potatoes Buttered Carrots Blueberry Pineapple Dump Cake	11 Breakfast Cereal Honey Bun Mixed Berries Fruit Juice Lunch Three Meat Pizza Broccoli and Cauliflower Salad Grapes Oatmeal Raisin Cookie
14 Breakfast Cereal WG Toast/Jelly Fruit Fruit Juice Lunch Pig In A Blanket Mac & Cheese Vegetable Blend Meadow Applesauce Brownie	15 Breakfast WG Biscuit w/ Sausage Biscuit Gravy Fruit Juice Lunch Chicken Soft Taco Refried Beans Mexican Slaw Mandarin Oranges	16 Breakfast Cereal Yogurt Fruit Fruit Juice Lunch Chicken Fajita Wrap String Cheese Broccoli & Cauliflower Cherry Crisp	17 Breakfast WG Pancake Wrap Fruit Fruit Juice Lunch Meatloaf Mashed Potatoes Buttered Carrots Mixed Berries	18 NO SCHOOL Fall Break 


Milk Variety (1% unflavored or fat free flavored) – will be served with every meal

WG = Whole Grain

Condiments will be offered accordingly

“This institution is an equal opportunity provider.”

Bellevue R-3 School District
October, 2019
MENUS

Monday	Tuesday	Wednesday	Thursday	Friday
21 Breakfast Cereal Banana Muffin Peaches Fruit Juice Lunch Turkey Pot Pie Baby Carrots Ranch Dressing Grapes Chocolate Chip Cookie	22 Breakfast WG Biscuit w/ Biscuit Gravy Sausage Links/Patty Fruit Fruit Juice Lunch Beef Taco Pie Black Beans Mexican Corn Spiced Applesauce	23 Breakfast Oatmeal WG Toast Raisin Fruit Juice Lunch BBQ Chicken Potato Salad Green Beans Peaches WG Hot Roll/Butter	24 Breakfast Breakfast Burrito Salsa Fresh Fruit Fruit Juice Lunch Hamburger on Bun French Fries Baked Beans Mandarin Oranges	25 – Early Out – 12:45 <i>Parent/Teacher Conf.</i> Breakfast Cereal Yogurt Fruit Fruit Juice Lunch Meatball Sub Mashed Potatoes Broccoli & Cauliflower Fruit Salad Slice of Bread/Butter
28 Breakfast Cereal Spooky Crisp Fruit Fruit Juice Lunch Mummy Dog French Fries Black Eyed Peas Spiced Applesauce Dirt Pudding	29 Breakfast WG Biscuit w/ Sausage Biscuit Gravy Fruit Juice Lunch Beef Nacho Melt Zucchini Corn Salad Fruit Salad Soft Pretzel	30 Breakfast Cereal Lunch Bone Slices Broccoli Boo Salad Tator Tots Strawberries Ice Cream	31 Breakfast Green Eggs & Ham WG Toast and Apple Butter Fruit Juice Lunch Witches Brew Cinnamon Roll Baby Carrots & Celery Sticks Ranch Dressing Fruit Salad	

Milk Variety (1% unflavored or fat free flavored) – will be served with every meal

WG = Whole Grain

Condiments will be offered accordingly

“This institution is an equal opportunity provider.”