
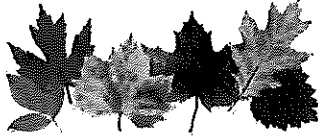
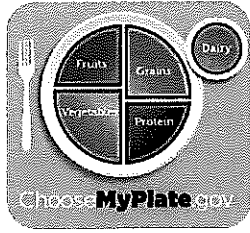





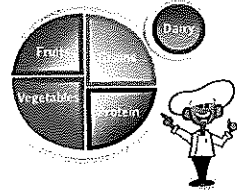
Breakfast October 2019

5 Week Rotating Menu	Monday	Tuesday	Wednesday	Thursday
Week 1		FALL 1	 2	BREAK 3
Week 2	FALL 7	8	9	BREAK 10
Week 3	W/G Waffle Sausage Links 1 c. Fruit Milk Variety 14	Scrambled Eggs w/ Cheese W/G Toast 1 c. Fruit Milk Variety 15	W/G Bagel w/ Peanut Butter 1 c. Fruit Milk Variety 16	Ham Hash Browns W/G Toast 1 c. Fruit Milk Variety 17
Week 4	W/G French Toast 1 c. Fruit Milk Variety 21	W/G Cereal w/ Milk 1 c. Fruit Milk Variety 22	W/G Blueberry Muffin Sausage Patty 1 c. Fruit Milk Variety 23	Raisin Bread Sausage Links 1 c. Fruit Milk Variety 24
Week 5	Breakfast Burrito Scrambled Eggs on a W/G Tortilla 1 c. Fruit Milk Variety 28	W/G Waffles String Cheese 1 c. Fruit Milk Variety 29	Yogurt Parfait W/G English Muffin 1 c. Fruit Milk Variety 30	W/G Biscuits w/ Gravy Sausage Patty 1 c. Fruit Milk Variety 31
Please advise Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly.	(CEP) Community Eligibility Provision 2019/2020 Student Cost Free Adult Breakfast \$2.20 Adult Lunch \$3.75	NSLP REQUIREMENTS: Meat/Alt: Optional 1 oz. daily Whole Grain: 1.75/1 oz. daily Fruit/ Vegetable: 1 Cup daily Milk: 1 Cup Daily		WEEKLY AVERAGE: Calories: 400-500 Sodium: <540 Sat. Fat: <10 Trans Fat: 0g. /Serving

This institution is an equal opportunity provider.

Menu is subject to change without notice.

Milk: Low Fat White or Fat Free White Milk

Week 2	FALL 7	8	 9	BREAK 10
Week 3	14 Chicken Nuggets Macaroni & Cheese ¾ c. Vegetable ½ c. Fruit Milk Variety	TACO TUESDAY 15 Beef & Cheese Nacho's on W/G Tortilla Chips Spanish Rice ¾ c. Vegetable ½ c. Fruit Milk Variety	16 Chicken Alfredo w/ Whole Grain Noodles ¾ c. Vegetable ½ c. Fruit Milk Variety	17 W/G Spaghetti w/ Meat Sauce W/G Garlic Toast Garden Salad, ½ c. Fruit Milk Variety
Week 4	21 Meatball Sandwich on W/G Hoagie Roll ¾ c. Vegetables ½ c. Fruit Milk Variety	TACO TUESDAY 22 Fajitas on W/G Tortilla Shell ¾ c. Vegetables ½ c. Fruit Milk Variety	23 Shepherd's Pie ¾ c. Vegetables ½ c. Fruit Milk Variety	24 Breakfast For Lunch Egg & Cheese Breakfast Sandwich W/G English Muffin ½ c. Fruit Milk Variety
Week 5	28 Pulled Pork Sandwich W/G Bun ¾ c. Vegetables ½ c. Fruit Milk Variety	TACO TUESDAY 29 Chicken Taco Tater Tots ¾ c. Vegetables ½ c. Fruit Milk Variety	30 All Beef Hot Dog W/G Bun ¾ c. Vegetable ½ c. Fruit Milk Variety	W/G Pepperoni or Cheese Pizza ¾ c. Vegetables ½ c. Fruit Milk Variety
Please advise Ms. Nicki 24 hrs. In advance if you would like to have breakfast or lunch with your child /grandchild so we may plan accordingly.	(CEP) Community Eligibility Provision 2019/2020 Student Cost Free Adult Breakfast \$2.20 Adult Lunch \$3.75	NSLP REQUIREMENTS: Meat/Alt: 1.75/1 oz. daily Whole Grain: 1.75/1 oz. daily Vegetable: ¾ c. daily Fruit: ½ c. daily Milk Variety: 1 Cup daily		WEEKLY AVERAGE: Calories: 550-650 Sodium: <1, 230/ Sat. Fat: <10 Trans Fat: 0g. /Serving



Lunch

October 2019

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Milk Variety: Low Fat White or Non Fat Chocolate.