

# Menus

**School:** Cypress School District #64

**Academic Year:** 2019-20

**Meal:** All

**Month:** October 2019

October				
M	Tu	W	Th	F
30 <b>Breakfast:</b> Breakfast Pizza Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Spaghetti & Bread Green Beans Peaches Milk	1 <b>Breakfast:</b> Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Soft Taco w/ Cheese Lettuce & Tomato Black Beans Mandarin Oranges Ice Cream Cup Milk	2 <b>Breakfast:</b> French Toast Sticks Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Chili Grilled Cheese Sandwich Pears Milk	3 <b>Breakfast:</b> Bagel w/ Cream Cheese Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Cheeseburger Oven Fries Banana Milk Chef Salad option for 6-8 Grades	4 <b>Breakfast:</b> Biscuit, Gravy & Sausage Cereal & Biscuit Fruit & Juice Milk <b>Lunch:</b> Corn Dog Carrots & Dip Apple Cookie Milk
7 <b>Breakfast:</b> Blueberry Waffles w/ Syrup Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Chicken Patty on a Bun Tator Tots Pears Fruit Roll Up Milk	8 <b>Breakfast:</b> Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Nachos w/Cheese Lettuce & Tomato Refried Beans Grapes Milk	9 <b>Breakfast:</b> Scrambled Eggs or Cereal Toast Fruit & Juice Milk <b>Lunch:</b> Macaroni & Cheese Roll Sliced Carrots Peaches Milk	10 <b>Breakfast:</b> Biscuit, Gravy & Sausage Cereal & Biscuit Fruit & Juice Milk <b>Lunch:</b> Chicken Nuggets & Bread Broccoli & Dip Orange Slices Milk Chef Salad option for 6-8 Grades	11
14	15 <b>Breakfast:</b> Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Cheese Quesadilla Lettuce & Tomato Corn Apple Choc. Pudding Milk	16 <b>Breakfast:</b> Chocolate Mini Donuts Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Hot Dog on a Bun Baked Beans Banana Milk	17 <b>Breakfast:</b> Cinni Minis Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Chicken Alphabet Soup Grilled Cheese Sandwich Sliced Carrots Peaches Milk Chef Salad option for 6-8 Grades	18 <b>Breakfast:</b> Biscuit, Gravy & Sausage Cereal & Biscuit Fruit & Juice Milk <b>Lunch:</b> Cheese Lasagna Roll Garden Salad w/Broccoli Mixed Fruit Milk
21 <b>Breakfast:</b> Sausage Pancake on Stick Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Ham & Cheese Sandwich Carrots & Dip Orange Slices Milk	22 <b>Breakfast:</b> Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Chicken Fajita w/ Cheese Lettuce & Tomato Black Beans & Corn Pears Milk	23 <b>Breakfast:</b> Oatmeal or Cereal Toast Fruit & Juice Milk <b>Lunch:</b> Bosco Sticks & Sauce Roasted Cauliflower Banana Milk	24 <b>Breakfast:</b> Eggs Eggstravaganza or Cereal Toast Fruit & Juice Milk <b>Lunch:</b> Chicken Alfredo & Roll Green Beans Mandarin Oranges Milk Chef Salad option for 6-8 Grades	25 <b>Breakfast:</b> Biscuit, Gravy & Sausage Cereal & Biscuit Fruit & Juice Milk <b>Lunch:</b> Pizza Salad w/ Broccoli Applesauce Graham Crackers Milk
28 <b>Breakfast:</b> Breakfast Pizza Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Macaroni & Cheese Roll Sliced Carrots Pears Milk	29 <b>Breakfast:</b> Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Soft Taco w/ Cheese Lettuce & Tomato Refried Beans Grapes Milk	30 <b>Breakfast:</b> Pancakes & Syrup Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Country Fried Steak & Roll Mashed Potatoes & Gravy Mixed Fruit Milk	31 <b>Breakfast:</b> Spooky Donuts Cereal & Toast Fruit & Juice Milk <b>Lunch:</b> Spooky Chicken Nuggets Bread Freaky Fries Boonana Milk Chef Salad option for 6-8 Grades	1