

Week #8	Monday Oct. 17, 2022	Tuesday Oct. 18, 2022	Wednesday Oct. 19, 2022	Thursday Oct. 20, 2022	Friday Oct. 21, 2022
	French Toast Asst. Cereals, Asst. Whole Grain Pastries, Choice of Yogurt, Choice of Fruit, Choice of Milk	English Muffin Sandwich Asst. Cereals, Asst. Whole Grain Pastries, Choice of Yogurt, Choice of Fruit, Choice of Juice, Choice of Milk	Pancakes Asst. Cereals, Asst. Whole Grain Pastries, Choice of Yogurt, Choice of Fruit, Choice of Milk	Breakfast Taco Asst. Cereals, Asst. Whole Grain Pastries, Choice of Yogurt, Choice of Fruit, Choice of Juice, Choice of Milk	Mini-Cinni's Asst. Cereals, Asst. Whole Grain Pastries, Choice of Yogurt, Choice of Fruit, Choice of Milk
	Spaghetti & Meatballs Roasted Brussel Sprouts, Romaine, Peaches, Choice of Milk	Loaded Nachos Refried Beans, Corn, Salsa, Pears, Choice of Milk	Chicken Tenders Fries, Broccoli, Applesauce, Choice of Milk	French Toast & Sausage Cantaloupe, Mixed Fruit, Choice of Milk	Cheese Pizza Corn, Baby Carrots, Salad, Mandarin Oranges, Choice of Milk
	Pizza Bagel (Hot)	Pizza Bagel (Hot)	Pizza Bagel (Hot)	Pizza Bagel (Hot)	Pizza Bagel (Hot)
	Peanut Butter and Jelly Sandwich	Peanut Butter and Jelly Sandwich	Peanut Butter and Jelly Sandwich	Peanut Butter and Jelly Sandwich	Peanut Butter and Jelly Sandwich
Milk Choices may include Skim White, Low Fat White, or Fat Free Chocolate. A Meal includes a minimum of 3 of 5 offered components in an appropriately sized portion, and must include 1/2 Cup of a fruit or vegetable. Peanut Butter and Jelly offered every day, complete with graham crackers and cheese.					



Grades PK-8

Breakfast: FREE

Served: 7:30 AM – 8:00 AM

Lunch: \$2.85

Extra Milk: \$0.75

Bottled Water: \$1.00

Ice Cream: \$1.00 (Cash Only)

