



# October 2017



Choice of Salad Bar -- 4th thru 12th grade

MILK SERVED DAILY

### HS GRAB & GO CHOICES

Cereal  
Cereal Bar  
Yogurt  
Milk  
Fruit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Oatmeal or Cereal, Muffin, Fruit  Cheeseburger Potato Wedges Dill pickle slice Carrots w/dip Peaches	3 Ham & Cheese biscuit or Cereal & biscuit, Fruit  Burrito Lettuce/cheese/salsa Refried beans Mexican rice Pineapple	4 Breakfast burrito w/ salsa & toast or Cereal & toast, Fruit  Spaghetti w/meat sauce Garlic Bread Broccoli Pears	5 Sausage biscuit or Cereal & biscuit, Fruit  Turkey & Noodles Mashed potatoes Green beans Roll Applesauce	6 Biscuit & Gravy or Cereal & biscuit, Fruit  Chicken nuggets Macaroni and cheese Cooked carrots Mandarin Oranges <b>Early out @ 12:38</b>	7
8	9 Scrambled eggs or Cereal, Toast, Fruit  Pork riblet on bun Sweet potato fries Dill pickle slice Carrots w/dip Peaches	10 Ham & Cheese biscuit or Cereal & biscuit, Fruit  Chicken/Cheese Enchilada Lettuce/salsa Refried beans Mexican rice Pineapple	11 Breakfast burrito w/ salsa & toast or Cereal & toast, Fruit  Pizza Breadstick Broccoli w/dip, Corn Pears	12 Sausage biscuit or Cereal & biscuit, Fruit  Tuna & Noodles Mashed potatoes Green beans/Roll Applesauce <b>Early out @ 12:38</b>	13  <b>NO SCHOOL</b>	14
15	16 Oatmeal or Cereal, Muffin, Fruit  Ham/turkey/cheese on bun Sweet potato fries Carrots w/dip Peaches	17 Ham & Cheese biscuit or Cereal & biscuit, Fruit  Chicken wrap, Lettuce/cheese/salsa Refried beans Mexican rice Pineapple	18 Breakfast burrito w/ salsa & toast or Cereal & toast, Fruit  Lasagna Breadstick Broccoli Pears	19 Sausage biscuit or Cereal & biscuit, Fruit  Chicken & Noodles Mashed potatoes Green beans Roll Applesauce	20 Biscuit & Gravy or Cereal & biscuit, Fruit  Chicken patty on bun Pasta salad Cooked carrots Mandarin Oranges	21
22	23 Scrambled eggs or Cereal, Toast, Fruit  Grilled Ham & Cheese Potato Wedges Carrots w/dip Peaches	24 Ham & Cheese biscuit or Cereal & biscuit, Fruit  Taco salad Lettuce/cheese/salsa Refried beans Mexican rice Pineapple	25 Breakfast burrito w/ salsa & toast or Cereal & toast, Fruit  Spaghetti w/meat sauce Garlic Bread Broccoli Pears	26 Sausage biscuit or Cereal & biscuit, Fruit  Beef & Noodles Mashed potatoes Green beans Roll Applesauce	27 Biscuit & Gravy or Cereal & biscuit, Fruit  BBQ Chicken on bun Baked Beans Cooked carrots Mandarin Oranges	28
29	30 Oatmeal or Cereal, Muffin, Fruit  Vegetable Soup Grilled Cheese Sandwich Carrots w/dip Peaches	31 Ham & Cheese biscuit or Cereal & biscuit, Fruit  Burrito Lettuce/cheese/salsa Refried beans Mexican rice Pineapple				

\*This Institution is an equal opportunity provider.\* On June 2, 2015 the Office of the Assistant Secretary for Civil Rights' Policy staff, released Departmental Regulation (DR) 4300-003, Equal Opportunity Public Notification Policy. The DR updates the nondiscrimination Statement and the "And Justice for All" poster. Provided is a link to the DR - <http://ese.mo.gov/sites/default/files/DR-EqualOpportunity.pdf>. Please note, the USDA Nondiscrimination Statement provided above is appropriate for all Child Nutrition Programs