

October 2018 Breakfast/Lunch Menu



Home of the Pawnee Coyotes



MON	TUE	WED	THU
1	2 Cereal Bar and String Cheese Chicken Noodle Soup Toasted Cheese Sandwich	3 Graham Crackers and Yogurt Hot Ham and Cheese	4 Granola Bars and String Cheese Lasagna
8	9 Cereal Bar and String Cheese Chicken Fajitas	10 Graham Crackers and Yogurt Cheeseburger Pockets	11 Granola Bars and String Cheese Pizza
15 Muffins and String Cheese Chicken Nuggets	16 Cereal Bar and String Cheese Mac and Cheese	17 Graham Crackers and Yogurt Chili Fritos	18 Granola Bars and String Cheese Smothered Burritos
22 Muffins and String Cheese Chicken Patty Sandwich	23 Cereal Bar and String Cheese Supreme Tacos	24 Graham Cracker and Yogurt Chicken Alfredo	25 Granola Bars and String Cheese Potato Bar
29 Muffins and String Cheese Hamburgers	30 Cereal Bar and String Cheese Teriyaki Chicken	31 Graham Crackers and Yogurt Super Nachos 	

Students may add the following;

- Homemade whole grain bread
- Hot vegetable choice
- Fresh salad and vegetable bar with homemade dressing
- Fruit choice
- Skimmed chocolate, Skimmed Strawberry or 1% white milk

* All Menu Items in **bold** cooked from scratch!



This institution is an equal opportunity provider.