


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd Choice Daily Week 1 Elementary Breakfast - Cereal Lunch - PBJ Tue- Thursday Lunch - Pizza Friday MS & HS Lunch Choices #2 Corn Dog #3 Pizza</p>	<p>Oct. 3 Breakfast Bis/Gravy Grapes Milk Lunch Grilled Cheese Tomato Soup Broccoli Peaches Milk</p>	<p>Oct. 4 Breakfast Yogurt Cereal/Milk Lunch Steak Fingers Potatoes/Gravy Tossed Salad Green Beans Peas Milk</p>	<p>Oct. 5 Breakfast Bkft Pizza Pears/Milk Lunch Beef Taco Let/Tom/Cheese Refried Beans Spanish Rice/Churro Plums Milk</p>	<p>6 Breakfast Oatmeal, Cinn Toast Apple Slices/Milk Lunch Hot Dog Baked Chips Apple Carrot Stick Fruit by Foot Milk</p>
<p>2nd Choice Daily Week 2 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choice #2 Sub Sandwich #3 Tuna Salad</p>	<p>10 Breakfast Egg/Ham Toast Grapes Lunch Rib Pattie Sandwich Tator Tots Mixed Fruit Broccoli Milk</p>	<p>11 Breakfast Bis & Gravy Fruit Milk Lunch Chicken and Noodles Whip Potatoes Capri Veg Applesauce Cinnamon Roll Milk</p>	<p>12 Breakfast Apple Fruit Pie Cereal Applesauce Milk Lunch Beef Nachos Corn Peaches Oreo Cookie Milk</p>	<p>13 Breakfast Bkft Burrito Salsa Milk Lunch Deli Sandwich Sweet Potato Fries Banana Baked Beans Milk</p>
<p>2nd Choice Daily Week 3 Elementary Breakfast - Cereal Lunch - PBJ Tue- Thursday Lunch - Pizza Friday MS & HS Lunch Choices #2 Burrito #3 Baked Potatoe</p>	<p>17 Breakfast Cherry Fruit Pie Cereal Milk Lunch Octoberfest Brat & Kraut/Bun German Potato Salad Cucumber Slices (Gurkensalat) Apple Pfeffernusse Cookie</p>	<p>18 Breakfast Bis & Gravy Apple Milk Lunch Tangerine Chicken Fried Rice Stir Fry Vegetable Egg Roll Pineapple</p>	<p>19 Breakfast Yeast Donut Cereal Pears Milk Lunch Frito Chili Pie/Cheese Corn Salad Carrot Sticks Mandrain Oranges</p>	<p>20 Breakfast Sausage Dog/Syrup Mandrain Oranges Milk Lunch Charburger Tator Tots Corn Salad Baked Beans Banana</p>
<p>2nd Choice Daily Week 4 Elementary Breakfast - Cereal Lunch - PBJ Tue - Thursday Lunch - Pizza Friday MS & HS Lunch Choice #2 Hamburger #3 Hot Dog</p>	<p>24 Breakfast Ultimate Bkft Round Cereal/Oranges Milk Lunch Pancake/Syrup Sausage Link Crispy Cubes Mixed Fruit</p>	<p>25 Breakfast Bis/Gravy Strawberries/Milk Lunch Little Smokies Mac & Cheese Biscuit Broccoli Grapes</p>	<p>26 Breakfast Ham & Cheese Quesadilla Grapes/Milk Lunch Lasagna Bosco Stick Tossed Salad Corn Peaches</p>	<p>27 Breakfast Pancake on a Stick Oranges slices Milk Lunch Corn Dog Baked Chips Baked Beans Strawberries</p>
<p>5 a Day means... Eating 5 to 9 serving of fruits and veggies everyday. One piece of fresh fruit like a banana, an apple, a peach, or and orange counts as one serving of your 5 a Day. There are six types of nutrients in the foods we eat.</p>	<p>31 Breakfast Wildcat Pattie/Biscuit Banana/Milk Happy Halloween Lunch Bat Wings (Chicken Wings) Golbin Strings (Green Beans) Grave Stone (Biscuit) Skeleton Dust/Murky Wava(Pot & Gravy) Sticky Fingers (Carmel Apple) Vampire Juice (Milk)</p>	<p>Kids who drink soda, fruit drinks, and other sweetened soft drinks are more likely to become overweight. Drink water, seltzer and low-fat milk most of the time, and save the sugary drinks for an occasional treat.</p>		

This institution is an equal opportunity provider.
