

# October 2017 High School Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Line 1</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Yogurt Explosion</b> <p style="text-align: center;">*</p> <b>Diced Peaches</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Yogurt Explosion</b> <p style="text-align: center;">*</p> <b>Strawberries</b> <b>Fruit Juice</b> <b>Milk</b>	<b>Breakfast Sausage Pizza</b> <b>Or</b> <b>Bacon Scramble Pizza</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juice</b> <b>Milk</b>
<b>Line 2</b>	<b>Pancake/Sausage on a Stick</b> <b>Or</b> <b>Egg Cheese English Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Applesauce Cup</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Cheese Omelet</b> <b>or</b> <b>Trix Yogurt w/String Cheese</b> <p style="text-align: center;">*</p> <b>Diced Peaches</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Mini Maple Pancake Wraps</b> <b>Or</b> <b>Cheese Omelet and Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>	<b>French Toast &amp; Sausage</b> <b>Links</b> <b>Or</b> <b>Scrambled Eggs &amp; Sausage</b> <b>Links</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>	<b>Mini Maple Pancake Wraps</b> <b>Or</b> <b>Cheese Omelet and Muffin</b> <b>Or</b> <b>Trix Yogurt</b> <p style="text-align: center;">*</p> <b>Assorted Fruits</b> <b>Fruit Juices</b> <b>Milk</b>

**\*To complete your breakfast choose one from this list:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nutrigrain Bar Or</b> <b>Cinnamon Snacks Or a</b> <b>Muffin</b>	<b>Teddy Grahams or</b> <b>Cinnamon Toast Crisps or</b> <b>Elf Grahams or</b> <b>Assorted Cereals Or a</b> <b>Muffin</b>	<b>Banana Bread or</b> <b>Trix Yogurt or</b> <b>Cinnamon Toast Crisps</b>	<b>Cinnamon Toast Crisps or</b> <b>Elf Grahams or</b> <b>Grainy-O-Oatmeal Bar or</b> <b>Teddy Grahams</b>	<b>Trix Yogurt or</b> <b>Nutrigrain Bar or a</b> <b>Muffin or</b> <b>Breakfast Cereal</b>

Milk is available every day. Menus are subject to change without notice. Available Cereal- Whole Grain Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, Lucky Charms and Cinnamon toast Crunch.

Yogurt Explosion: A serving of Vanilla or Strawberry yogurt served with a variety of toppings. (Fruit, Granola, etc.)

Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, and Mango Wango. All juices offered are 100% juice.

Trix Yogurt: Raspberry Rainbow, Strawberry Banana, or Triple Cherry

Muffin: Blueberry, Banana, or Chocolate

Nutrigrain Bar: Apple and Strawberry will be offered.

New Items Coming in October: Breakfast Banana Split & Pumpkin Pancake Bar

**Check out the Grab-n-Go Breakfast offered every morning! Grab a bag and fill it! Lots of variety!**

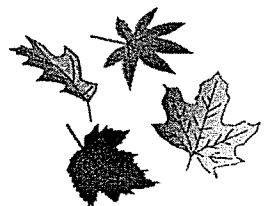
# October 2017: Central High School

NEW DAILY SPECIAL!

*Fresh Start Fruit Smoothie + Choice of Muffin*



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>Mini Maple Pancake Wraps OR Cinnamon-Raisin Bagel with Cream Cheese Spread</p> <p>Served with fruit, 100% juice, &amp; yogurt.</p>	<p>Egg &amp; Cheese English Muffin OR Sausage &amp; Cheese English Muffin</p> <p>Served with fruit and 100% juice.</p>	<p>Cheddar Cheese Omelet OR Yogurt Explosion</p> <p>Served with fruit, 100% juice, &amp; choice of whole grain item.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>Golden Eagle Waffles OR Egg, Cheese, &amp; Turkey Sausage Burrito</p> <p>Both choices served with fruit and 100% juice.</p>	<p>Scrambled Eggs &amp; Sausage Links OR Breakfast Banana Split</p> <p>Served with Cinnamon Toast Crunch cereal, fruit, &amp; 100% juice.</p>	<p>Pumpkin Pancake Bar OR Cinnamon-Raisin Bagel with Cream Cheese Spread</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Mini Maple Pancake Wraps OR Cinnamon-Raisin Bagel with Cream Cheese Spread</p> <p>Served with fruit, 100% juice, &amp; yogurt.</p>	<p>Egg &amp; Cheese English Muffin OR Sausage &amp; Cheese English Muffin</p> <p>Served with fruit and 100% juice.</p>	<p>Cheddar Cheese Omelet OR Yogurt Explosion</p> <p>Served with fruit, 100% juice, &amp; choice of whole grain item.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>Golden Eagle Waffles OR Egg, Cheese, &amp; Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>Scrambled Eggs &amp; Sausage Links OR Breakfast Banana Split</p> <p>Served with Cinnamon Toast Crunch cereal, fruit, &amp; 100% juice.</p>	<p>Pumpkin Pancake Bar OR Cinnamon-Raisin Bagel with Cream Cheese Spread</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p style="text-align: right;">27</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>Mini Maple Pancake Wraps OR Cinnamon-Raisin Bagel with Cream Cheese Spread</p> <p>Served with fruit, 100% juice, &amp; yogurt.</p>	<p><u>OFFERED DAILY:</u></p> <p><b>Grab n' Go Breakfast</b></p> <p>Grab a bag and fill it for a quick start! Options include: fruit, assorted cereals, Nutrigrain Bar, yogurt, .....</p>		



Milk is available every day. Menus are subject to change without notice.  
 100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.  
 Muffin Choices: Blueberry, Chocolate, or Banana  
 Yogurt Choices: Trix or Upstate Farms GREEK  
 Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.  
 Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

# October 2017

## High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe Slider or **Mr. Ribb Baked Vegetarian Beans Fresh Broccoli Florets Dip S.D. Watermelon Slice	3 Chili Frito Pie or Hot Dog or Cheese Pizza Fresh Pepper Slices Dip Mixed Greens Salad Salad Dressing Diced Pears	4 Hamburger or Rotini Pasta W/ Turkey Alfredo or Meat Sauce Chilled Creamy Coleslaw Cucumber Coins Dip Fresh Apple Slices	5 Kolache or **Assorted Pizza Baked Batter Bites Fresh Carrots Dip *SideKick: Blue Raspberry/Lemonade	6 Walking Taco (Beef or Chicken) or Cheeseburger Deluxe Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, and Taco Sauce) Fresh Crisp Vegetables Assorted Fruits
9 <b>Native American Day- No School</b>	10 Chicken Nuggets or Fish Shapes Creamy Mashed Potatoes Gravy Dinner Roll Cranberries Crisp Celery Sticks Applesauce	11 Super Nachos or Cheeseburger Deluxe Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, and Taco Sauce) Fresh Carrots Dip SideKick	12 Cook's Choice or Spicy Popcorn Chicken Poultry Rice Gravy Fresh Broccoli Florets Fresh Cauliflower Bites Dip Pineapple Tidbits	13 Fish Taco or Pizza or Chicken Snack Wrap Puzzle Fries Lettuce Salad Salad Dressing Fresh Crisp Vegetables Dip Strawberry Cup Breakfast Bar
16 **Mr. Ribb or Chicken Sandwich Puzzle Fries Fresh Broccoli Florets Dip Diced Pears	17 Kolaches (2) or French Toast Sticks W/Sausage Links Sweet Pepper Slices Fresh Cauliflower Bites Dip Cinnamon Apple Slices	18 Chicken Nuggets or Chicken Drumstick Poultry Rice Gravy Fresh Carrots Dip Crisp Celery Sticks Juicy Purple Grapes	19 Pizza or Hamburger Tortilla Chips Salsa Fresh Crisp Vegetables Dip *SideKick: Blue Raspberry/Lemonade	20 Mexican Fries or Hot Dog or Walking Taco W/Puzzle Fries Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, and Taco Sauce) Fresh Crispy Vegetables Dip Assorted Fruits
23 Super Nachos (Beef or Chicken) or Beef Taco Roll Toppings: Tomatoes, Lettuce, & Onions Crisp Celery Sticks Fresh Carrots Dip *SideKick	24 Breakfast Pizza w/Cheese Stick or Breaded Chicken Sandwich Batter Bites Fresh Cauliflower Bites Dip Strawberry Cup	Hamburger or Rotini Pasta W/ Turkey Alfredo or Meat Sauce Garlic Bread Stick Mixed Greens Salad Salad Dressing Bite Size Tomatoes Dip Banana	26 Chicken Nuggets or Roast Beef Combo W/Dinner Roll Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Apple Slices	27 Fish Sandwich or Cheeseburger Baked Vegetarian Beans Fresh Crisp Vegetables Dip Strawberry Banana Dessert
30 Spicy Popcorn Chicken Or Fish Shapes Poultry Rice Gravy Fresh Celery Sticks Fresh Broccoli Florets Dip Applesauce Cup	31 Quesadilla (Cheese or Chicken) or Soft Shell Taco (Beef or Chicken) or Hamburger Deluxe Toppings: Black Beans, Tomatoes, Lettuce, & Onions Crisp Celery Sticks Cucumber Coins Dip Assorted Fruits	November 1 Breaded Chicken Sandwich or **Mr. Ribb Puzzle Fries Chilled Creamy Coleslaw Yellow Petite Banana	November 2 **Assorted Pizza or Mini Corn Dogs Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Mixed Fruit	November 3 Hamburger Steak or Fish Creamy Mashed Potatoes Beef Gravy Dinner Roll Grilled Mushrooms Fresh Crisp Vegetables Dip Assorted Fruits

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\*\* Contains Pork