# October 2017
## High School Breakfast Menu

<table>
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<tr>
<th>Line</th>
<th>Monday</th>
<th>Tuesday</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Breakfast Sausage Pizza Or Bacon Scramble Pizza Or Trix Yogurt * Assorted Fruits Fruit Juice Milk</td>
<td>Breakfast Sausage Pizza Or Bacon Scramble Pizza Or Yogurt Explosion * Diced Peaches Fruit Juice Milk</td>
<td>Breakfast Sausage Pizza Or Bacon Scramble Pizza Or Trix Yogurt * Assorted Fruits Fruit Juice Milk</td>
<td>Breakfast Sausage Pizza Or Bacon Scramble Pizza Or Yogurt Explosion * Strawberries Fruit Juice Milk</td>
<td>Breakfast Sausage Pizza Or Bacon Scramble Pizza Or Trix Yogurt * Assorted Fruits Fruit Juice Milk</td>
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<tr>
<td>2</td>
<td>Pancake/Sausage on a Stick Or Egg Cheese English Muffin Or Trix Yogurt * Applesauce Cup Fruit Juices Milk</td>
<td>Cheese Omelet Or Trix Yogurt w/String Cheese * Diced Peaches Fruit Juices Milk</td>
<td>Mini Maple Pancake Wraps Or Cheese Omelet and Muffin Or Trix Yogurt * Assorted Fruits Fruit Juices Milk</td>
<td>French Toast &amp; Sausage Links Or Scrambled Eggs &amp; Sausage Links Or Trix Yogurt * Assorted Fruits Fruit Juices Milk</td>
<td>Mini Maple Pancake Wraps Or Cheese Omelet and Muffin Or Trix Yogurt * Assorted Fruits Fruit Juices Milk</td>
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*To complete your breakfast choose one from this list:*

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<tbody>
<tr>
<td>Nutrigrain Bar Or Cinnamon Snacks Or a Muffin</td>
<td>Teddy Graham or Cinnamon Toast Crisps or Elf Graham or Assorted Cereals Or a Muffin</td>
<td>Banana Bread or Trix Yogurt or Cinnamon Toast Crisps</td>
<td>Cinnamon Toast Crisps or Elf Graham or Grainy-O-Oatmeal Bar or Teddy Graham</td>
<td>Trix Yogurt or Nutrigrain Bar or a Muffin or Breakfast Cereal</td>
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</table>

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*

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<tr>
<td>Bacon Scramble Pizza</td>
<td>Mini Maple Pancake Wraps</td>
<td>Egg &amp; Cheese English Muffin</td>
<td>Cheddar Cheese Omelet</td>
<td>Bacon Scramble Pizza</td>
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<tr>
<td>OR Breakfast Sausage Pizza</td>
<td>OR Cinnamon-Raisin Bagel with Cream Cheese</td>
<td>OR Sausage &amp; Cheese English Muffin</td>
<td>OR Yogurt Explosion</td>
<td>OR Breakfast Sausage Pizza</td>
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<tr>
<td>Served with yogurt, fruit and 100% juice.</td>
<td>Spread</td>
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<td>Served with fruit, 100% juice, &amp; choice of</td>
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<td></td>
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<td>whole grain item.</td>
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<td>Bacon Scramble Pizza</td>
<td>Golden Eagle Waffles</td>
<td>Scrambled Eggs &amp; Sausage Links</td>
<td>Pumpkin Pancake Bar</td>
<td>Bacon Scramble Pizza</td>
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<td>OR Breakfast Sausage Pizza</td>
<td>OR Egg, Cheese, &amp; Turkey Sausage Burrito</td>
<td>OR Breakfast Banana Split</td>
<td>OR Cinnamon-Raisin Bagel with Cream Cheese</td>
<td>OR Breakfast Sausage Pizza</td>
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<td>Served with yogurt, fruit and 100% juice.</td>
<td>Both choices served with fruit and 100%</td>
<td>Served with Cinnamon Toast Crunch cereal,</td>
<td>Spread with yogurt, fruit, &amp; 100% juice.</td>
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**Offered Daily:**

**Grab n' Go Breakfast**

Grab a bag and fill it for a quick start!

Options include: fruit, assorted cereals, Nutrigrain Bar, yogurt, ........................................

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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 Toas: Crunch.

Yogurt Explosion: A serving of guava or strawberry yogurt covered with variety of toppings (fruit, granola, etc.)
### October 2017
#### High School Lunch Menu

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</table>
| Sloppy Joe Slider or **Mr. Ribb**  
Baked Vegetarian Beans  
Fresh Broccoli Florets  
Dip  
S.D. Watermelon Slice | Chili Frito Pie or Hot Dog or Cheese Pizza  
Fresh Pepper Slices  
Dip  
Mixed Greens Salad  
Salad Dressing  
Diced Pears | Hamburger or Rotini Pasta W/ Turkey Alfredo or Meat Sauce  
Chilled Creamy Coleslaw  
Cucumber Coins  
Dip  
Fresh Apple Slices | Kolache or **Assorted Pizza**  
Baked Batter Bites  
Fresh Carrots  
Dip  
*SideKick: Blue Raspberry/Lemonade | Walking Taco (Beef or Chicken) or Cheeseburger Deluxe Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, and Taco Sauce)  
Fresh Crisp Vegetables  
Assorted Fruits |

**Native American Day- No School**

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| **Mr. Ribb** or Chicken Sandwich  
Puzzle Fries  
Fresh Broccoli Florets  
Dip  
Diced Pears | Chicken Nuggets or Fish Shapes  
Creamy Mashed Potatoes  
Gravy  
Dinner Roll  
Cranberries  
Crisp Celery Sticks  
Applesauce | Super Nachos or Cheeseburger Deluxe Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, and Taco Sauce)  
Fresh Carrots  
Dip  
SideKick | Cook’s Choice or Spicy Popcorn Chicken  
Poultry Rice  
Gravy  
Fresh Broccoli Florets  
Fresh Cauliflower Bites  
Dip  
*SideKick: Blue Raspberry/Lemonade |

**November**

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| **Mr. Ribb** or Chicken Sandwich  
Puzzle Fries  
Fresh Broccoli Florets  
Dip  
Diced Pears | 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 | Chicken Nuggets or Roast Beef Combo W/Dinner Roll  
Creamy Mashed Potatoes  
Gravy  
Fresh Broccoli Florets  
Dip  
Fresh Apple Slices | Fish Sandwich or Cheeseburger  
Baked Vegetarian Beans  
Fresh Crisp Vegetables  
Dip  
Strawberry Banana Dessert |

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| Spicy Popcorn Chicken  
Or Fish Shapes  
Poultry Rice  
Gravy  
Fresh Celery Sticks  
Fresh Broccoli Florets  
Dip  
Applesauce Cup | 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 | Breaded Chicken Sandwich or **Mr. Ribb**  
Puzzle Fries  
Chilled Creamy Coleslaw  
Yellow Petite Banana | **Assorted Pizza or Mini Corn Dogs**  
Baked Vegetarian Beans  
Mixed Greens Salad  
Salad Dressing  
Mixed Fruit | Hamburger Steak or Fish  
Creamy Mashed Potatoes  
Beef Gravy  
Dinner Roll  
Grilled Mushrooms  
Fresh Crisp Vegetables  
Dip  
Assorted Fruits |

*Milk is available every day. Menus are subject to change without notice.  
** Contains Pork*