

Elementary Breakfast Menu

Lincoln, Simmons, & May Overby

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk	1 Scooby Doo Grahams Strawberries Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	2 WGR Breakfast Cereal Mini Donuts Food Court (Orange) Smoothie Assorted Juices Milk	3 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk	4 WGR Breakfast Cereal String Cheese Applesauce Assorted Juices Milk
7 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk	8 Fruit Grain Bar Strawberries Raisins Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	9 WGR Breakfast Cereal Cheese Stick Craisins Wango Mango Juice Milk	10 Breakfast Pizza Or WGR Breakfast Cereal *Puzzle Fries Assorted Juices Milk	11 WGR Breakfast Cereal Yogurt Assorted Juices Milk
14 No School 	15 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk	16 WGR Breakfast Cereal Assorted Muffins Food Court (Orange) Smoothie Assorted Juices Milk	17 “Lunch For Breakfast” Chicken Nuggets W/Dinner Roll or WGR Breakfast Cereal Puzzle Fries Assorted Juices Milk	18 WGR Breakfast Cereal Yogurt Mini Donuts Choose 2 of the Above Items Applesauce Cup Assorted Juices Milk
 National School Lunch Week: What's On Your Playlist?  October 14th-18th  				
21 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk	22 Fruit Grain Bar Fruit Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	23 WGR Breakfast Cereal Yogurt Applesauce Assorted Juices Milk	24 Breakfast Pizza Or WGR Breakfast Cereal *Puzzle Fries Assorted Juices Milk	25  Parent-Teacher Conferences No School
28 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk	29 Chocolate Chip Grips Strawberries Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	30 WGR Breakfast Cereal Assorted Muffins Food Court (Orange) Smoothie Assorted Juices Milk	31 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk	November 1 WGR Breakfast Cereal Gogurt Mini Donuts Choose 2 of the Above Items Applesauce Cup Assorted Juices Milk

Milk is available every day. Available Cereal: Whole Grain, Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

Menus are subject to change without notice.

*Vegetable is being substituted for the fruit

Elementary Breakfast Menu

O. M. Tiffany, Mike Miller, & C. C. Lee

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 WGR Breakfast Cereal Gogurt Assorted Juices Milk	1 WGR Breakfast Cereal Mini Donuts Food Court (Orange) Smoothie Assorted Juices Milk	2 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk	3 Scooby Doo Grahams Strawberries Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	4 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk
7 WGR Breakfast Cereal Yogurt Assorted Juices Milk	8 WGR Breakfast Cereal String Cheese Mini Donuts Choose 2 of the Above Items Dried Fruit Assorted Juices Milk	9 Breakfast Pizza Or WGR Breakfast Cereal *Puzzle Fries Assorted Juices Milk	10 Fruit Grain Bar Raisins Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	11 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk
14 No School 	15 WGR Breakfast Cereal Assorted Muffins Food Court (Orange) Smoothie Assorted Juices Milk	16 “Lunch For Breakfast” Chicken Nuggets W/Dinner Roll or WGR Breakfast Cereal Puzzle Fries Assorted Juices Milk	17 Chocolate Chip Gripz Strawberries Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	18 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk
 National School Lunch Week: What's On Your Playlist?  October 14th -18th  				
21 WGR Breakfast Cereal Assorted Muffins Assorted Juices Milk	22 WGR Breakfast Cereal Yogurt Applesauce Assorted Juices Milk	23 Breakfast Pizza Or WGR Breakfast Cereal *Puzzle Fries Assorted Juices Milk	24 Fruit Grain Bar Fruit Assorted Juices *Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	25  Parent-Teacher Conferences No School
28 WGR Breakfast Cereal Cheese Stick Craisins Wango Mango Juice Milk	29 WGR Breakfast Cereal Mini Donuts Food Court (Orange) Smoothie Assorted Juices Milk	30 Breakfast Pizza Or WGR Breakfast Cereal *Potato Smiles Assorted Juices Milk	31 Chocolate Chip Gripz Strawberries Assorted Juices Yogurt Parfait w/Granola or WGR Breakfast Cereal Milk	November 1 Breakfast Pizza Or WGR Breakfast Cereal Fruit Assorted Juices Milk

Milk is available every day. Available Cereal: Whole Grain, Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon Toast Crunch

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Elementary Lunch Menu

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 30	1	2	3	4
Hot Dog Sweet Pepper Slices Dip Baked Vegetarian Beans Diced Pears	Strawhats Fresh Carrots Crisp Celery Sticks Dip Warm Cinnamon Apple Slices	Popcorn Chicken Poultry Rice Gravy Country Blend Vegetables Fresh Cucumbers Dip Yellow Petite Banana	Chicken Nuggets Simply Sweet Corn Mixed Greens Salad Salad Dressing Diced Peaches	Cheese Pizza Baked Vegetarian Beans Fresh Vegetables Dip Mandarin Oranges
7	8	9	10	11
Breaded Chicken Sandwich Steamed Peas Crisp Carrot Sticks Dip Pineapple Tidbits	French Toast Sticks Strawberry Go-Gurts Batter Bites Wango Mango Vegetable Juice Diced Pears	Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Cucumber Slices Dip Fresh Apple Slices	Cheeseburger Baked Vegetarian Beans Fresh Cauliflower Bites Diced Peaches Rice Krispie Bar Celebrating October Birthdays!	Chicken Cheese Wrap Toppings: Cheese, Lettuce, & Ranch Dressing Fresh Vegetables Dip Applesauce
14	15	16	17	18
No School 	Breakfast (Turkey) Sausage Pizza Batter Bites Fresh Pepper Slices Dip Mandarin Oranges	Chicken Teriyaki Poultry Rice Gravy Mixed Greens Salad Salad Dressing Fresh Cucumber Coins Dip Fresh Grapes	Soft Shell Beef Taco Toppings: Shredded Lettuce, Cheese, & Taco Sauce Simply Sweet Corn Red Cherry Tomatoes Dip Diced Pears	Hot Dog (All Beef) Baked Vegetarian Beans Fresh Vegetables Dip Pineapple Tidbits
 National School Lunch Week: What's On Your Playlist?  October 14th -18th  				
21	22	23	24	25
Strawhats Crisp Carrot Sticks Fresh Cucumber Coins Dip Applesauce	French Toast Sticks Turkey Sausage Links *Potato Smiles Wango Mango Vegetable Juice Mandarin Oranges	Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Apple Slices	Pasta W/Chicken Alfredo Peas Crisp Carrot Sticks Dip Diced Peaches	 Parent-Teacher Conferences No School
28	29	30	31	November 1
Sloppy Joe Baked Vegetarian Beans Chips Salsa Yellow Petite Banana	Breaded Chicken Sandwich Fresh Carrot Sticks Dip Mixed Greens Salad Salad Dressing Applesauce	Meatballs Creamy Mashed Potatoes Beef Gravy Dinner Roll Sweet Pepper Slices Dip Diced Peaches	Chicken Drumstick Poultry Rice Gravy Mango Wango Vegetable Juice Fresh Broccoli Florets Dip Fresh Apple Slices	Mini Corn Dogs Batter Bites Crisp Carrot Sticks Fresh Vegetables Dip Diced Pears

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All toppings are optional.