

Breakfast includes fruit or fruit juice and milk

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Choice of Cereal Cereal Bar Or Cereal Bar Yogurt | Choice of Cereal Cheese Stick Or Breakfast Sandwich | Choice of Cereal Goldfish Graham Or Breakfast Pizza | Choice of Cereal Pop Tart Or Glazed French Toast | Choice of Cereal Yogurt Or Breakfast Pastry Yogurt |

Lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| | | | 1) Day #3 Chicken Rings Veggies w/Dip Chilled Pears Icy Fruit Bar Milk | 2) Day #4 Slice of Pizza Green Beans Apple Sauce Rice Krispies Milk |
| 5) Day #5 Orange Juice Sausage Pattie French Toast Sticks w/ syrup Fresh Fruit Milk | 6) Day #6 Rotini w/ Mt. Sauce Warm Breadstick Tossed Salad Mandarin Oranges Milk | 7) Day #1 Tacos w/lettuce, tomato and salsa Whole Corn Fruit Churro Milk | 8) Day #2 Tomato Soup w/ Saltines Toasted Cheese Rocky Mt. Salad Choc. Chip Cookie Milk | 9) Day #3 Maxi Sticks w/ Marinara Sauce Green Beans Chef Salad Chilled Fruit Milk |
| 12). No School In-service Day | 13) Day #4 Hamb. Or Cheeseburger Lettuce & Tomato Potato Triangles Chilled Pudding Milk | 14) Day #5 Chicken Fries Dinner Roll Steamed Broccoli Apple Sauce Milk | 15) Day #6 Spaghetti w/ Meat sauce Warm Bread Stick Tossed Salad Pineapple Cup Milk | 16) Day #1 Stuffed Crust Carrot Coins Rocky Mt. Salad Brownie Milk |
| 19) Day #2 Hot Dog or Chili Dog Cosmic Fries Baby Carrots Ice Cream Cup Milk | 20) Day #3 Chicken Strips w/ Roll and Sauce Mixed Veggies Apple Sauce Milk | 21) Day #4 Macho Nacho Whole Corn Fruit Churro Milk | 22) Day #5 Mac & Cheese Garlic Bread Stick Fresh Relish w/ Dip Fresh Grapes Milk | 23) Day #6 Fish Treasures Dinner Roll Potato Spudster Baby Carrots Jello Milk |
| 26) Day # 1 Chicken Patty on Roll w/ Lettuce Seasoned Peas Apple Sauce Milk | 27) Day #2 Hot Ham & Cheese Sand. Baked Beans Veggie Cup w/ Dip Sliced Peaches Milk | 28) Day #3 APPLE CRUNCH DAY Chick' in & Waffles Whipped Potato Apple Wedges w/ carmel Rice Krispie Treat Milk | 29) Day #4 Chicken Noodle Soup Peanut butter Sand. Chilled Fruit Pumpkin Shaped Pretzel Milk | 30) Day #5 Cold-Cut Sandwich Baked Chips Orange Wedges Icy Fruit Bar Milk |

**October
2009
Menu**



**Strodes Mills
Elementary**