



OCTOBER | 2017

VASD~ES~BREAKFAST & LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WHOLE GRAIN PANCAKES W/ SYRUP ORANGE JUICE SAUSAGE PATTY CARROT STICKS	3 ROASTED CHICKEN MASHED POTATOES & GRAVY & BREADSTICK PEACHES FRUIT ROLL UP SLICED CUCUMBERS	4 TORTILLA CHIPS, TACO MEAT, LETTUCE, CHEESE & SALSA JUICE BOX FRUIT SNACK	5 HOT DOG W/ FRIES BAKED BEANS KETCHUP FRESH APPLE SLICES W/ CARAMEL	6 FOOTBALL NUGGETS HOT APPLE CRISP W/ICE CREAM CRAISINS GREEN SALAD W/ CHICK PEAS & RANCH BBQ SAUCE OR KETCHUP
9 VIKING SCRAMBLER W/ BACON MINI BANANA BREAD STRAWBERRIES CARROT STICKS W/ HUMMUS	10 CHICKEN NUGGETS W/ MAC & CHEESE HOT APPLE CRISP W/ ICE CREAM MIXED FRUIT ROASTED BROCCOLI	11 ROASTED CHICKEN MASHED & GRAVY GOLDEN CORN BREADSTICK FRESH APPLE SLICES	12 TERIYAKI CHICKEN ASIAN RICE CHOCOLATE CHIP COOKIE JUICE BOX CUCUMBER & GREEN PEPPER SLICES	13 FRENCH BREAD PIZZA GREEN SALAD W/ CHICK PEAS & RANCH FRUIT SNACK CHILLED DICED PEARS
16 STRAWBERRY YOGURT BLUEBERRIES STRAWBERRY CHEX CELERY W/ PEANUT BUTTER CHERRY TOMATOES	17 BBQ PORK, TORTILLA CHIPS, SHREDDED CABBAGE & CARROTS JUICE BOX STRAWBERRY JONNY POP	18 TURKEY RANCH WRAP W/ FRITOS TOMATO & CORN SALSA CHILLED PEACHES CUCUMBER SLICES	19 ORANGE CHICKEN ASIAN RICE CHOCOLATE CHIP COOKIE MANDARIN ORANGES CARROTS STICKS W/ HUMMUS	20 FRENCH BREAD PIZZA GREEN SALAD W/ CHICK PEAS & RANCH FRUIT SNACK APPLESAUCE
23 MINI CORN DOGS CHEESY POTATOES KETCHUP OR HONEY MUSTARD CARROT STICKS FRESH GRAPES	24 READED CHICKEN SANDWICH W/ KETCHUP BAKED BEANS GREEN SALAD & RANCH FRUIT SNACK TROPICAL FRUIT	25 HAMBURGER OR CHEESEBURGER FRENCH FRIES W/ KETCHUP CUCUMBER SLICES PICKLE CHIPS JUICE BOX	26 	27
30 MEATBALLS & MARINARA, ROTINI CHERRY SIDEKICK CHERRY SUNFLOWER SALAD MIXED FRUIT BREADSTICK	31 SPOOKY NUGGETS ROASTED BROCCOLI & CARROT JUICE BOX KETCHUP OR BBQ SAUCE			

K-4 BREAKFAST PRICE~\$1.30
INCLUDES A WHOLE GRAIN RICH ENTRÉE, 100% FRUIT JUICE OR CHOICE OF FRUIT & 1% WHITE OR FAT FREE CHOCOLATE MILK

MONDAY~ EGG & BACON
BREAKFAST BAGEL
TUESDAY~WHOLE GRAIN
PANCAKE W/ SYRUP & SAUSAGE PATTY
WEDNESDAY~BREAKFAST PIZZA
THURSDAY~BREAKFAST PIZZA
FRIDAY~VIKING SCRAMBLER W/ BACON & WHOLE GRAIN TOAST

ADDITIONAL ENTRÉE'S INCLUDE:
REDUCED SUGAR CEREAL,
ASSORTED MUFFINS & SUPER BAKERY PRODUCTS, BENEFIT BARS, YOGURT PARFAITS, CHEESE & CRACKERS, CEREAL BARS, FRUDELS & MINI CINNI'S & PBJ JAMMERS

K-4 LUNCH PRICE ~\$2.05
~INCLUDES A MILK~

ALTERNATE MEALS ARE LIMITED
MON~ TURKEY & CHEESE
TUES~CHEESE & CRACKERS
WED~TURKEY & CHEESE
THURSDAY~PBJ
FRIDAY~TURKEY & CHEESE