



Breakfast

Monday...3	Tuesday...4	Wednesday...5	Thursday...6	Friday...7
Dutch Waffles or Cereal/Toast Fruit Milk	Assorted Muffin and Cereal/Toast Fruit Milk	Breakfast Quesadilla or Cereal/Toast Fruit Milk	Granola Bar and Cereal/Toast Fruit Milk	SUPERINTENDENT DAY NO SCHOOL
Monday...10	Tuesday...11	Wednesday...12	Thursday...13	Friday...14
COLUMBUS DAY NO SCHOOL	Oatmeal and Cereal/Toast Fruit Milk	Scrambled Egg w/Cheese and Cereal/Toast Fruit Milk	Apple Frudel or Cereal/Toast Fruit Milk	Confetti Pancakes or Cereal/Toast Fruit Milk
Monday...17	Tuesday...18	Wednesday...19	Thursday...20	Friday...21
Egg and Cheese on a Croissant or Cereal/Toast Fruit Milk	French Toast Sticks or Cereal/Toast Fruit Milk	Half N Half Muffin and Cereal/Toast Fruit Milk	Hash Brown and Cereal/Toast Fruit Milk	Yogurt Parfait and Cereal/Toast Fruit Milk

Monday...24	Tuesday...25	Wednesday...26	Thursday...27	Friday...28
Sausage and Cheese on English Muffin or Cereal/Toast Fruit Milk	Breakfast Pita or Cereal/Toast Fruit Milk	Blueberry or Plain Pancakes or Cereal/Toast Fruit Milk	Breakfast Scone and Cereal/Toast Fruit Milk	Omelet and Cereal/Toast Fruit Milk
Monday...31	Tuesday...1	Wednesday...2	Thursday...3	Friday...4
Iced Pumpkin Cake and Toast/Cereal Fruit Milk	Bagel with Cream Cheese or Cereal/Toast Fruit Milk	Scrambled Eggs and Cereal/Toast Fruit Milk	Cinnamon Toast and Cereal Fruit Milk	Waffles or Cereal/Toast Fruit Milk

Lunch

Monday...3	Tuesday...4	Wednesday...5	Thursday...6	Friday...7
ECS Bowl or Salami Sandwich Corn Fruit Milk	Chili with Roll or Salami Sandwich Black Beans Fruit Milk	Breakfast for Lunch French Toast or Salami Sandwich Sausage Home Fries Fruit Milk	Oven Roasted Chicken or Salami Sandwich Carrots Fruit Milk	SUPERINTENDENT DAY NO SCHOOL
Monday...10	Tuesday...11	Wednesday...12	Thursday...13	Friday...14
COLUMBUS DAY NO SCHOOL	Beef Tacos or Turkey Club Wrap Black Beans Fruit Milk	Ham and Cheese on a Croissant or Turkey Club Wrap Chicken Noodle Soup Peas Fruit Milk	Chicken Nuggets or Turkey Club Wrap Carrots Dinner Roll or Biscuit Fruit Milk	Cheese or Sausage & Peppers Pizza Cal. Blend Veg Fruit Milk
Monday...17	Tuesday...18	Wednesday...19	Thursday...20	Friday...21
Southwest Chicken Pita Pocket or Tuna Fish Sandwich Corn Fruit Milk	Spaghetti with Meatballs or Tuna Fish Sandwich Green Beans Fruit Milk	Hot Turkey Sandwich or Tuna Fish Sandwich Mashed Potato Fruit Milk	Mozzarella Sticks or Tuna Fish Sandwich Broccoli Fruit Milk	Hot Dog or Tuna Fish Sandwich Baked Beans Fruit Milk

Monday...24	Tuesday...25	Wednesday...26	Thursday...27	Friday...28
White or Buffalo Chicken Pizza Carrots Fruit Milk	Traveling Tacos or Ham and Cheese Sandwich Refried Beans Fruit Milk	Cheese Tortellini (circle shaped pasta filled with cheese) or Ham & Cheese Broccoli Fruit Milk	Sloppy Joes or Ham and Cheese Sandwich Green Beans Fruit Milk	Chicken Pot Pie or Ham and Cheese Sandwich Mixed Vegetables Fruit Milk
Monday...31	Tuesday...1	Wednesday...2	Thursday...3	Friday...4
Corn Dog Frankenstein Monster or Egg Salad Sandwich Baked Beans Fruit Milk	BBQ Chicken Wrap or Egg Salad Sandwich Cal. Blend Fruit Milk	Fish Nuggets or Egg Salad Sandwich Rice Mixed Vegetables Fruit Milk	Ziti or Egg Salad Sandwich Green beans Fruit Milk	Grilled Cheese or Egg Salad Sandwich Tomato Soup Fruit Milk