

USD 504 October 2010 Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Parents: Encourage your child to try the fruits & veggies every day. They are nutritious and delicious and help complete a well balanced meal.</p> | <p>NeHi, OMS & OHS are offered a salad bar every day except on special occasion days.</p> | <p>Juice is served at every breakfast. Low fat white milk and skim chocolate milk are offered at every meal. Grades 6-12 may have cereal with every breakfast.</p> | <p>When breakfast marked with * grades 6-12 may also have a "bonus" item. This includes things such as yogurt, cheese stick, cereal bar, granola bar, etc.</p> | <p>Oct. 1 Long John & cereal* ++++ Chicken nuggets, potatoes & gravy, broccoli & cauliflower, biscuit & jelly, peaches</p> |
| <p>Oct. 4 Pancake & syrup w/crisp bacon ++++ Cheeseburger, French fries, Lettuce, tomato, pickle & onion, pineapple, rice krispy treat</p> | <p>Oct. 5 Biscuit & gravy ++++ Chili crispito w/cheese & salsa, lettuce & tomato, Mexicali corn, maple bar, spiced apples</p> | <p>Oct. 6 Pop tart & cereal* ++++ Chicken & noodles, whipped potatoes, green beans, bread, orange wedges</p> | <p>Oct. 7 Breakfast pizza ++++ Nachos w/meat, chips & white cheese sauce beans dip, black bean & corn salsa, pink pears, garlic cheese biscuit</p> | <p>Oct. 8 Biscuit w/jelly & cereal* ++++ Corn dog, tater smiles, broccoli & cheese, fresh apples, carrot cake</p> |
| <p>Oct. 11 Biscuit w/cheese ++++ Choice of: PBJ Uncrustable or tuna sandwich, tri taters, seasoned corn, applesauce, pumpkin bar</p> | <p>Oct. 12 FLIP FLOP DAY Chicken nuggets & fruit ++++ Biscuit & gravy, sausage patty, assorted juice, citrus fruit cup, donuts</p> | <p>Oct. 13 NO SCHOOL! Staff Inservice</p> | <p>Oct. 14 Breakfast pizza ++++ Chicken strip wrap, lettuce & tomato, Spanish rice, steamed carrots, strawberry shortcake</p> | <p>Oct. 15 Waffles, syrup & cereal* ++++ Country style beef patty, potatoes & gravy, California blend veggies, wheat roll, peaches</p> |
| <p>Oct. 18 Yogurt & muffin ++++ Teriyaki chicken, stir fried rice & oriental veggies, fruit juice, pears, pull apart bread</p> | <p>Oct. 19 Biscuit & gravy ++++ Spaghetti & meat sauce, garden salad, French garlic bread, peaches</p> | <p>Oct. 20 Little smokies & cereal ++++ Tomato soup & crax, grilled cheese sand., fresh veggies, fruit whip, fresh fruit</p> | <p>Oct. 21 Breakfast pizza ++++ Crisp tacos w/meat & cheese, lettuce, tomato & sauce, applesauce, cinnamon puff</p> | <p>Oct. 22 Toast & cereal* ++++ Hot ham & cheese sandwich, Susie Q's, fresh broccoli w/dip, assorted fruits, chocolate pudding</p> |
| <p>Oct. 25 Pancake on a stick w/syrup & cereal ++++ Mini corn dogs, cheesy potatoes, baked beans, cookie, pink pears</p> | <p>Oct. 26 Biscuit & gravy ++++ Pizza squares, garden salad, corn, breadsticks w/sauce, orange wedges</p> | <p>Oct. 27 Cheesy eggs, hash browns & cereal ++++ Chicken patties, potatoes & gravy, green beans, wheat roll w/jelly, strawberries & bananas</p> | <p>Oct. 28 Breakfast pizza ++++ Chili, tortilla chips, fresh veggies & pickle spears, cinnamon roll, peaches</p> | <p>Oct. 29 Combo bar & cereal* ++++ Garlic chicken pasta bake, broccoli & cheese, wheat roll & jelly applesauce, chocolate sheet cake</p> |