

Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog 1	Egg n Cheese Muffin 2	Cheese Pizza 3	Swedish Meatballs 4	Chicken Nuggets 5
4 oz 100% Juice (15) ½ c Fresh Apple (15) ½ c Broccoli (10) ¼ Diced Carrot(6) 2 oz Turkey Hot Dog on 2.0 oz WG bun (21) Ketchup Milk (12)	4 oz 100% Juice (15) ½ c Applesauce cup (15) 1 c Tater Tots(20) 1.5oz Scrambled Egg Patty 0.5oz American Cheese 2 oz WG English Muffin (24) Milk (12)	4 oz 100% Juice (15) ½ c Banana (15) 1c Baby Carrots (12) WG Cheese Pizza (2 oz meat, 2 oz grain) (37) Milk (12)	4 oz 100% Juice (15) ½ cup Applesauce (15) 1 c Green Beans(20) 2 oz Meatballs in Swedish Gravy over ½ c WG pasta (20) 2 oz WG dinner roll (28) Milk (12)	4 oz 100% Juice (15) ½ c Craisin(15) ½ c Baby Carrot (12) ½ C Baked Beans (20) 5 WG Chicken Nuggets (2 oz MMA, 1 oz G) (12) 1 oz WG Graham Crackers (18) BBQ packet Milk (12)
Hamburger 8	Ham Swiss Ciabatta Melt 9	Chicken Salad 10	Salisbury Steak 11	Fiesta Chicken Bowl 12
4 oz 100% Juice (15) ½ c Fresh Apple (15) 1/2c Broccoli(10) ½ c Diced Carrot (10) 2 oz equ Beef Patty on 2,0 oz WG Bun (19) Ketchup Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange(15) 1/c Tater Tots (10) ½ c Corn (6) 1.5 oz Sliced Turkey Breast, 0.5 oz American Cheese 2 oz WG Ciabatta (30) Mustard Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1c Salad Mix ½ c Baby Carrots (10) 2 oz WG dinner roll (28) 2 oz Roasted Chicken Ranch dressing Milk(12)	4 oz 100 % Juice(15) ½ c Applesauce (15) 1 c Green Beans (20) 2oz Homemade Salisbury Steak w/ Gravy 2oz WG Cookie (14) 2oz WG Dinner Roll (14) Milk (12)	4 oz 100% Juice (15) ½ cup Craisin(15) ½ c Mexi-Beans (23) ½ c Diced Carrots(10) 1 cup Spanish Rice (46) 2 oz Roasted chicken w/ 1oz WG Graham Crackers (18) Milk(12)
Bourbon Chicken 15	Turkey Ham Dinner 16	Stuffed Pizza 17	Sweet & Sour Meatball 18	Chicken Taco 19
4 oz 100% juice (15) ½ cup Fresh Apple (15) 1/2c Broccoli (10) ½ c Diced Carrots (10) 2 oz Bourbon Chicken over ½ c Fried Brown Rice (44) 1 oz WG Sugar Cookie (18) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange(15) 2 oz Turkey Ham with Gravy over ½ c Mashed Potatoes ½ c Corn (6) 2 oz WG Dinner rolls (28) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Banana (15) 1 c Baby carrots (10) WG Stuffed Cheese Pizza (2 oz MMA, 2 oz G) (30) ¼ c Marinara (7) Milk (12)	4 oz 100% Juice ½ c Applesauce (15) 1c Green Beans (20) 2oz Meatballs w/ Sweet & Sour Sauce over ½ c Brown rice (20) Milk (12)	4 oz 100% Juice (15) ½ cup Craisins (15) ½ c Spanish Rice (23) ½ Spanish Beans (23) 1.5 oz Seasoned Chicken, 0.5oz Shredded cheddar on 6 Inch WG Tortilla (16) Taco Sauce packet Milk(12)
Taco Pizza Bite 22	Pancakes & Sausage 23	Turkey Sandwich 24	Orange Chicken 25	Loaded Mac n Cheese 26
4 oz 100% Juice(15) ½c Fresh Apple(15) 1/2c Broccoli (10) 1/2c Diced Carrot (10) 3 Taco Pizza Bites [2oz MMA; 2oz G](30) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange(15) 1 cup Tater Tots (20) WG Pancakes (39) Turkey Sausage (2oz MMA) Syrup Cup Milk(12)	4 oz 100% Juice (15) 1/2c Fresh Banana (15) 1 c Baby Carrots (10) 1.5oz Turkey 0.5oz American Cheese 2 oz Pullman Bread (25) Milk(12)	4 oz 100% Juice (15) ½c Applesauce(15) 1 c Green Beans(7) 2oz Chicken[1oz MMA, 1oz G] (30) 2 oz Orange Sauce over WG Rice (20) Milk (12)	4 oz 100% Juice (15) ½ cup Craisin(15) 0.5oz Cheddar Cheese on ½ c WG Rotini w/ 2 oz Cheese Sauce & 1 oz Diced Ham 1 c Peas and Carrots (15) 1 oz WG Roll (15) Milk (12)
Chicken Nugget 29	Stuffed Breadstick 30	Taco Salad 31		
4 oz 100% Juice (15) 1/2c Fresh Apple (15) 5 each WG Chicken Nuggets [2oz MMA, 1oz G] (12) BBQ/Ketchup Packet Milk(12)	4 oz 100% Juice(15) ½ c Fresh Orange (15) 1 c Tater Tots (20) Cheese Stuffed Breadstick (15) ¼ c Marinara (7) Milk(12)	4 oz 100% Juice(15) ½ c Fresh Banana(15) 1 cup Romaine Lettuce ¼ Matchstick Carrots (5) ¼ Salsa (6) 2oz Ground beef 0.5oz Cheddar Cheese Mix WG Tortilla Chips(20) Milk (12)		



October 2018 K-12 Hot Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/1	10/2	10/3	10/4	10/5
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Trix (24) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 2 oz WG Mini Biscuits (13) with Jelly cup (9) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 1 oz WG Golden Grahams(24) 1 oz WG Animal Crackers (23) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) WG Chicken Nuggets [0.75 oz MMA, 0.25 oz G] 2 oz Mini Biscuits (3) Syrup Cup (29) Milk (12)	4 oz 100% Juice (15) ½ cup Fresh Banana (15) 2 oz eq Crunch Mania (37) Milk (12)
10/8	10/9	10/10	10/11	10/12
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Cinnamon Chex(22) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) WG Breakfast slider [1.25 oz G, 0.75 oz MMA] (21) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz equ Triple Berry Bar (42) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) WG Breakfast Pizza [1.5 oz grain, 1 oz meat] (28) Milk (12)	4 oz 100% Juice (15) ½ cup Fresh Banana (15) 2 oz eq Cinnamon Raisin Bagel (40) Margarine Cup Milk (12)
10/15	10/16	10/17	10/18	10/19
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Fruity Cheerios (25) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) 1 oz WG Mini Biscuit(13) 2 each Turkey Sausage Links [1.25 MMA] Margarine cup Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) 2 oz eq Lemon Crunch (42) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) WG French Toast Sticks [1.75 oz G] (27) Syrup cup (29) Milk (12)	4 oz 100% Juice (15) ½ cup Fresh Banana (15) 1 oz WG Cheerios (20) 1 oz WG Graham Crackers(19) Milk (12)
10/22	10/23	10/24	10/25	10/26
4 oz 100% Juice (15) ½ cup Applesauce (15) 1 oz WG Apple Zing (19) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Apple (15) WG Breakfast Pizza(28) [1.5 oz grain, 1 oz meat] Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Banana Muffin (30) Milk (12)	4 oz 100% Juice (15) ½ c Fresh Orange (15) WG Pancake (39) 2 each Turkey Sausage Links [1.25 MMA] Milk (12)	4 oz 100% Juice (15) ½ cup Fresh Banana (15) 1 oz eq Strawberry Oatmeal Bar (23) 1 oz WG Graham Crackers(19) Milk (12)
10/29	10/30	10/31		
4 oz 100% juice (15) ½ cup Applesauce (15) 1 oz WG Cinnamon Toast Crunch (22) 1 oz WG Graham Crackers (19) Milk (12)	4 oz 100% juice (15) ½ c Fresh Apple (15) WG Breakfast slider [1.25 oz G, 0.75 oz MMA] (21) Milk (12)	4 oz 100% Juice (15) ¼ c Craisins (28) Apple Cinnamon Muffin(30) String Cheese Milk (12)		

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