

# October 2010

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Waffle and Sausage Fruit/Juice
4 Sausage on a stick Fruit/Juice	5 Cheese Max Stick Fruit/Juice	6 Breakfast Pizza Fruit/Juice	7 Coffee Cake Fruit/Juice	8 Breakfast Burrito Fruit/Juice
11 Sausage on a Stick Fruit/Juice	12 Banana Mini Loaf Fruit/Juice	13 Breakfast Pizza Fruit/Juice	14 Cinnamon Twist Fruit/Juice	15 Pancakes & Sausage Link Fruit/Juice
18 Sausage on a Stick Fruit/Juice	19 Breakfast Round Fruit/Juice	20 Breakfast Pizza Fruit/Juice	21 Blueberry Muffin Fruit/Juice	22 Waffle & Sausage Link Fruit/Juice
25 <b>No School</b>	26 Breakfast Pizza Fruit/Juice	27 Cinnamon Twist Fruit/Juice	28 Cinnamon Twist Fruit/Juice	29 Asst. Cereals/Yogurt Fruit/Juice

### MEAL PRICES:

K-4th Breakfast \$1.35  
K-4th Lunch \$1.95

5th-12th Breakfast \$1.45  
5th-12th Lunch \$2.10

Reduced Breakfast \$0.30  
Reduced Lunch \$0.40

Extra Milk \$0.40

**PLEASE NOTE: Snack milks and more than one milk consumed at breakfast or lunch are 40¢ each, as their cost *is not* covered by the Free and Reduced State Lunch Program.**

Milk is served with all meals. Menus are subject to change. All breakfasts are served with milk and juice or fruit.

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## LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Avg for Grades K-4
				1 Taco on a Bun Corn Peach Half Snickerdoodle Cookie Milk  Cals. 647, Fiber 5.4g., Carbs.91.8g., T. Fat 18.4g.	Cals. 647 Fiber5.4 g Carbs 91.8 g T. Fat 18.4 g
4 Hamburger on a Bun Oven Fries Broccoli Casserole Fruit with Oranges Milk  Cals. 738, Fiber 6.0g., Carbs. 88 g., T. Fat 29 g	5 Chicken Nuggets Whipped Potatoes w/Gravy Peas Rosy Applesauce Bread & Oleo Milk  Cals. 681, Fiber 8.1 g., Carbs. 115.8g., T. Fat 13.2 g	6 BBQ Beef on a Bun Macaroni & Corn Bake Ranch Cut Potato Grapes Milk  Cals. 654, Fiber 4.2 g., Carbs. 92.3, T. Fat 18.7 g	7 Max Cheese Stick w/Dip Popeye Salad Jello Cinnamon Twist Milk  Cals. 800, Fiber 3.8 g., Carbs 129.5 g., T. Fat 21.5 g	8 Biscuits w/Sausage Gravy Hash Brown Potato Fruit w/Strawberries/Apples Yogurt Milk  Cals. 987, Fiber 5.2 g., Carbs. 119g., T. Fat 45.0g	Cals. 772 Fiber 5.4 g Carbs. 109.0 g T. Fat 25.5 g
11 Chicken Wrap Apple Crisp Spanish Rice California Vegetables Milk  Cals 699, Fiber 4.4 g., Carbs 113.6g., T. Fat 15.6 g	12 Cheese Pizza Tossed Salad w/Dressing Corn Blueberry Squares Milk  Cals. 591, Fiber 5.3 g., Carbs 80.4 g., T. Fat 19.1 g	13 Crispito w/Cheese Sauce Orange Sections Hash Brown Casserole Cinnamon Bun Milk  Cals 626, Fiber 6.1 g., Carbs 82.3 g., T. Fat 22.1 g	14 Chicken Rice Burrito Refried Beans Corn on the Cob Bananas Milk  Cals 681, Fiber 10.6 g., Carbs 105.3 g., T. Fat 15.4 g	15 Spaghetti w/Meat Tossed Salad w/Dressing Green Beans Roll Milk  Cals. 625, Fiber 7.4 g., Carbs 90.8 g., T. Fat 18.1 g	Cals. 663 Fiber 6.4 g Carbs 97.6 g T. Fat 18.5 g
18 Hamburger on a Bun Ranch Cut Potato Broccoli Pineapple w/Strawberry Glaze Milk  Cals. 725, Fiber 6.5 g., Carbs 94.8 g., T. Fat 25.2 g	19 Chicken Fries Whipped Potatoes w/Country Gravy Winter Mix Pears Oatmeal Roll Milk  Cals. 591, Fiber 5.3 g., Carbs 80.4 g., T. Fat 19.1 g	20 Sub Sandwich Fruit w/shipped cream Pasta Salad Baked Beans Milk  Cals. 673, Fiber 8.3 g., Carbs 108.3 g., T. Fat 11.3 g	21 Macaroni and Cheese Little Smokies Rosy Applesauce California Vegetables Chocolate Cake w/cherries Milk  Cals 550, Fiber 2.7 g., Carbs 78.2 g., T. Fat 17.5 g	22 Sausage Pizza Tossed Salad Green Beans Fruit Milk  Cals 601, Fiber 4.8 g., Carbs 81.4 g., T. Fat 18.9 g	Cals. 628 Fiber 5.5 g Carbs 88.6 g T. Fat 18.4 g
25 <b>No School</b>	26 Chicken Pattie on a Bun Rice w/cheese Pears and Carrots Cherry Dessert Milk  Cals 817, Fiber 3.4 g., Carbs 120.5 g., T. Fat 19.0 g	27 Tacos Mexicali Corn Orange Sections Cinnamon Bun Milk  Cals 618, Fiber 7.1 g., Carbs 80 g., T. Fat 20.4 g	28 Chilli Dog Peach Half Potato Salad Cowboy Cookie Milk  Cals 618, Fiber 5.7 g., Carbs 94.2 g., T. Fat 16.5 g	29 Hamburger on a Bun Ranch Cut Potato Broccoli Pineapple w/strawberry glaze Milk  Cals 725, Fiber 6.5 g., Carbs 94.8 g., T. Fat 25.2 g	Cals. 694 Fiber 5.7 g Carbs 97.4 g T. Fat 20.3 g

# November 2010

## BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sausage on a Stick Fruit/Juice	2 Blueberry Muffin Fruit/Juice	3 Breakfast Pizza Fruit/Juice	4 French Toast Sticks/Bacon Fruit/Juice	5 Cheese Max Stick Fruit/Juice
8 Sausage on a Stick Fruit/Juice	9 Cinnamon Pizza Fruit/Juice	10 Breakfast Pizza Fruit/Juice	11 Pancake/Sausage Fruit/Juice	12 Cinnamon Twist Fruit/Juice
15 Sausage on a Stick Fruit/Juice	16 Waffle and Sausage Link Fruit/Juice	17 Breakfast Pizza Fruit/Juice	18 Banana Mini Loaf Fruit/Juice	19 Asst. Cereal Fruit/Juice
22 Sausage on a Stick Fruit/Juice	23 Asst. Cereal Fruit/Juice	24 No School	25 No School	26 No School
29 Sausage on a Stick Fruit/Juice	30 French Toast Sticks Fruit/Juice			

### MEAL PRICES:

K-4th Breakfast	\$1.35
K-4th Lunch	\$1.95
5th-12th Breakfast	\$1.45
5th-12th Lunch	\$2.10
Reduced Breakfast	\$0.30
Reduced Lunch	\$0.40
Extra Milk	\$0.40

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## LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Avg for Grades K-4
1 Ravioli Spinach Grapes Cornbread Milk  Cals. 494, Fiber 3.1 g., Carbs. 82.4 g., T. Fat 10.8	2 Turkey Sandwiches Potatoes Green Beans Fruit w/Cherries Brownies Milk  Cals. 874, Fiber 8.8 g., Carbs 162.5 g., T. Fat 11.7 g	3 Peanut Butter & Jelly (K-4) Fajita w/Refried Beans (5-12) Salad Corn Apple Crisp Milk  Cals. 690, Fiber 6.0 g., Carbs 103.3 g., T. Fat 23.7 g.	4 Cooks Choice	5 Pepperoni Pizza Salad w/Dressing Corn Pear Half Milk  Cals. 565, Fiber 6.7 g., Carbs. 83.3 g., T. Fat 15.3	Cals. 656 Fiber 6.2 g. Carbs 107.9 g. T. Fat 15.4 g.
8 Chicken & Noodles Whipped Potatoes Green Beans Pineapple w/Strawberry glaze Roll Milk  Cals. 568, Fiber 5.1 g., Carbs 87.8 g., T. Fat 12.5 g	9 Hamburger on a Bun Ranch Cut Potato Fruit w/Kiwi Peas Milk  Cals. 673, Fiber 4.9 g., Carbs. 85.6 g., T. Fat 24.0 G	10 Chili w/Crackers Carrots Fruit w/Apricots Cinnamon Roll Milk  Cals. 681, Fiber 9.7 g., Carbs 119.1 g., T. Fat 9.2 g	11 Chicken Pattie on a Bun Seasoned Rice Broccoli Cherry Dessert Milk  Cals. 821, Fiber 3.5 g., Carbs 120 g., T. Fat 19.4 g	12 Burrito Macaroni & Corn Bake Pudding Bananas Milk  Cals. 821, Fiber 3.5 g., Carbs 120 g., T. Fat 19.4 g	Cals. 679 Fiber 6.6 g. Carbs. 102.7 g. T. Fat 16.3 g.
15 Chicken Tenders (K-4) Chicken Fried Steak (5-12) Whipped Potatoes w/Country Gravy Peas Apples Roll Milk  Cals. 548, Fiber 7.2 g., Carbs. 77.1 g., T. Fat 17.1 g	16 Max Cheese Stick w/Dip Popeye Salad Jello Cinnamon Twist Milk  Cals. 800, Fiber 3.8 g., Carbs 129.5 g., T. Fat 21.5 g	17 Corn Dog Oven Fries Winter Mix Strawberry Shortcake Milk  Cals. 783, Fiber 6.5 h., Carbs 125.2 g., T. Fat 23.3 g	18 Ham & Cheese on a Bun Carrot Sticks Apples Chips Granola Bar Milk  Cals. 748, Fiber 8.6 g., Carbs 90.5 g., T. Fat 15.8g	19 Turkey w/Dressing Whipped Potatoes w/Gravy Green Beans Dinner Roll Pumpkin Dessert Milk  Cals. 599, Fiber 4.5 g., Carbs 90.5 g., T. Fat 15.8 g.	Cals. 696 Fiber 6.1 g. Carbs 107.8 g. T. Fat 19.3 g.
22 Sausage Pizza Tossed Salad Mixed Vegetables Fruit Mix Milk  Cals. 621, Fiber 6.0 g., Carbs. 85.3 g., T. Fat 18.9 g	23 BBQ Beef on a Bun Macaroni & Corn Bake Ranch Cut Potato Apple Sauce Milk  Cals. 685, Fiber 4.8 g., Carbs 100.2 g., T. Fat 18.8 g	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	Cals. 653 Fiber 5.4 g. Carbs 92.8 g. T. Fat 18.8 g.
29 Crispito w/ Cheese Sauce Orange Sections Spanish Rice Cinnamon Bun Milk  Cals. 723, Fiber 6.9 g., Carbs 102.8 g., T. Fat 22.6 g	30 Chicken Fries Whipped Potatoes w/Country Gravy Winter Mix Pears Oatmeal Roll Milk  Cals. 591, Fiber 5.2 g., Carbs. 80.4 g., T. Fat 19.1 g				Cals. 657 Fiber 6.1 g Carbs 91.6 g T. Fat 20.9 g