


October Lunch Menu MSAD 58 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 1. Baked Beans Hot Dog w/ Bun Dice Carrots Fruit Milk | 2. Spaghetti w/Meat Sauce Roll & Fruit Green Beans Milk | 3. Shephard's Pie Roll Pineapple Milk | 4. Teriyaki Chicken Nuggets Rice Pilaf Broccoli Fruit Milk | 5. Workshop |
| 8. Columbus Day | 9. Mac & Cheese Peas Hotdog Fruit Milk | 10. Meatball Hoagie Green Beans Fruit Milk | 11. Chicken Fajita's Rice/Mexican Corn Fruit Milk | 12. Pizza Carrot/Celery Sticks Mixed Fruit Milk |
| 15 Chicken Nuggets French Fries Broccoli/Cheese Sliced Peaches Milk | 16 Chop Suey Bread Stick Apple Sauce Milk. | 17. Ham/Turkey Italian Orange Slices Chips Milk | 18. Grilled Cheese Tomato Soup Wh.Gr. Choc.Chip Cookie Milk | 19. Fish Sticks Smiley Potato Apple Milk |
| 22. Mac & Cheese Hot Dog w/ Bun Fruit Salad Milk | 23. Spaghetti w/ meat sauce Sliced Pears Whole Wheat Roll Milk | 24. Hamburger/W. Gr. Bun Carrot Sticks Grapes Chips Milk | 25. Chicken Noodle Soup Green Beans Fruit Cup Milk | 26. Pizza Corn Strawberry Cup Milk |
| 29. Chicken/Tuna Sandwich Carrots Dried Fruit Milk | 30. Ravioli Breadsticks Peas Pineapple Milk | 31. Ham & Cheese Hoagie Strawberry Yogurt Sweet Potato Fries Cake Milk | ALL MEALS SERVED WITH LOW-FAT WHITE AND CHOCOLATE MILK | ALL MEALS SUBJECT TO CHANGE WITHOUT NOTICE  |

October Breakfast Menu MSAD 58 2018

October Breakfast Menu MSAD 58 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 1. French Toast Sticks Sausage Fruit 100% Fruit Juice | 2. Bacon Sandwich Fruit 100% Fruit Juice | 3. Banana Bread Yogurt Fruit 100% Fruit Juice | 4. Breakfast Pizza Fruit 100% Fruit Juice. | 5. WORKSHOP |
| 8. COLUMBUS DAY | 9. Cinni-Minni Yogurt Fruit 100% Fruit Juice | 10. Bagel w/Cream Cheese Fruit 100% Fruit Juice | 11. Sausage Sandwich Fruit 100% Fruit Juice | 12. Muffin Cheese Stick Fruit 100% Fruit Juice |
| 15 Waffle Sticks Sausage Fruit 100% Fruit Juice | 16 Nutra Grain Bar Yogurt Fruit 100% Fruit Juice | 17. Soft Pretzel & Cheese Stick Applesauce 100% Fruit Juice | 18. Apple Struell Cheese Stick Fruit 100% Fruit Juice | 19. Sausage Sandwich Fruit 100% Fruit Juice |
| 22. Muffin Yogurt Fruit 100% Fruit Juice | 23. Cherry Strudel Cheese Stick Fruit 100% Fruit Juice | 24. French Toast Sticks Sausage Fruit 100% Fruit Juice | 25. Flapstick Fruit 100% Fruit Juice | 26. Bagel/Cream Cheese Fruit 100% Fruit Juice |
| 29. Breakfast Pizza Fruit 100% Fruit Juice | 30. Soft Pretzel & Cheese Stick Applesauce 100% Fruit Juice | 31. Cinnamon Rolls Yogurt Fruit 100% Fruit Juice | LOW SUGAR CEREAL ALTERNATIVE |  |

October Breakfast Menu MSAD 58 2018