

**\*\*Dodge Breakfast and Lunch Menu\*\*October 2011**

**Mobile County Public School System**

**Unflavored low fat, unflavored skim, chocolate or strawberry milk available with each meal.**

**Menu subject to change due to deliveries and commodities**

	Mon—A	Tue—B	Wed—C	Thu—D	Fri—E	
<b>Week 3</b>	3 Burritos Mexican Brown Rice WK Corn Black Beans Sugar Cookie Fruit: Fresh Apple Juice: Orange	4 Baked Chicken Pasta Cheese Bake Green Beans Mexican Cornbread Spinach Salad Fruit: Fresh Orange Wedges Juice: Grape	5 Ground Beef Steak Creamed Potatoes w/ Gravy Broccoli Garden Salad Whole Wheat Roll Fruit: Pears Juice: Fruit Blend	6 Chili Crispito (2) w/ cheese Mexican (Brown) Rice Romaine Salad Pinto Beans Chocolate Cake Fruit: Peaches Juice: Orange Pineapple	7 Fish Nuggets Baked Beans Oven Potatoes WW Biscuit Garden Salad & Coleslaw Fruit: Mixed Fruit Cup Juice: Apple	<b>Breakfast Menu for October</b>  <b>Cereal may be offered as an option</b>
					10-3 Toast, Sausage Link, Scr. Egg Square 10-4 Ham & Cheese Roll 10-5 Pancake - with Sausage on a Stick, Cheese Grits	
<b>Week 4</b>	10 Pizza Baked Chips Whole Kernel Corn Fruit: Mandarin Oranges Juice: Fruit Blend	11 Chili Hot Dog Baked Beans Coleslaw Brownie Fruit: Peaches Juice: Apple	12 Chicken Tenders Black Eyed Peas Oven Roasted Potatoes WW Roll Garden Salad Fruit: Fresh Apple Juice: Orange Pineapple	13 Meat Sauce w/ Pasta WW French Bread Green Beans Romaine Salad Fruit: Fresh Grapes Juice: Orange	<b>Teacher Work Day</b>	10-6 Biscuit with Chicken Patty 10-7 Cereal , Cheese Toast 10-10 Biscuit, Grits, Sausage Patty 10-11 Biscuit with Chicken Patty 10-12 Breakfast Bagel, Yogurt
				10-13 Breakfast Burrito w/ Taco Sauce, Grits		
<b>Week 5</b>	17 Corndog Baked Chips Italian Mixed Vegetables Garden Salad Cookie, Chocolate Chip Fruit: Fresh Apple Juice: Orange Pineapple	18 Taco Meat/Chips/Tortilla w/ Cheese/Sour Cr/Salsa/Taco Sc. Mexican Brown Rice Whole Kernel Corn Black Beans Let/Tom/Pepper Fruit: Fruit Cocktail Juice: Grape	19 Pizza Broccoli Sliced Carrots Romaine Salad Wheat Oatmeal Cookie Fruit: Fresh Orange Wedges Juice: Apple	20 Chicken Sandwich w/ Let/Tom/Pickle w/ Oven Potatoes Green Beans Spinach Salad Fruit: Peaches Juice: Fruit Blend	21 Hamburger Lettuce/Tomato/ Pickle Oven Potatoes Baked Beans Fruit: Pears Juice: Orange	10-17 Toast, Sausage Links , Scr. Eggs Square 10-18 Cereal , Cheese Toast 10-19 Biscuit with Chicken Patty 10-20 Pancake with Sausage on a Stick, Cheese Grits
					10-21 Cinnamon Roll, Sausage Patty	
<b>Week 1</b>	24 Pizza Broccoli Carrots Spinach Salad Fruit: Fresh Apple Juice: Orange Pineapple	25 Baked Chicken Green Beans Potatoes, Fresh Steamed WW Roll Fruit: Pears Juice: Fruit Blend	26 Sub Sandwich Lettuce/Tomato/Pickle Baked Beans Doritos Wheat Oatmeal Cookie Fruit: Mixed Fruit Juice: Orange	27 Chili Crispito Salsa Pinto Beans Mexican Br. Rice Garden Salad Fruit: Peaches Juice: Grape	28 Chili Dog Oven Potatoes Coleslaw Cinnamon Roll Fruit: Fresh Orange Wedges Juice: Apple	10-24 Toast, Scrambled Egg Square 10-25 Pancakes w/ Syrup, Sausage Patty 10-26 Biscuit w/ Steak Patty 10-27 Cinnamon Raisin Biscuit w/ Glaze, Sausage Link (2)
					10-28 Breakfast Pizza, Hash Brown	
<b>Week 2</b>	31 Chicken Tender Broccoli Pasta Cheese Bake Garden Salad WW Roll Fruit: Mandarin Oranges Juice: Apple					10-31 Biscuit, Grits, Sausage Patty