



# BREAKFAST @SCHOOL

For first-class learning!

Featuring  
Healthy Fruits  
& Grains!

OCTOBER 2017

Monday, October 16

**Lunch**

**Choose 1:**

Hot Dog/ Bun  
Meatball Sub /Bun

**Choose 1 or 2:**

Baked Potato Fries or  
Raw Broccoli

**Choose 1:**

Assorted Milk

**Choose 1:**

Chocolate Chip Cookie

**Condiments:**

Ketchup, Mayo, Mustard,  
BBQ Sauce

Tuesday, October 17

**Lunch**

**Choose 1:** Chicken

Fajita on Soft Tortilla,  
Taco Salad w/ Tortilla  
Chips

(Lett, Tomato, Cheese)

**Choose 1 or 2:**

Pinto Beans or Salsa

**Choose 1:** Fresh or

Canned Fruit

**Choose 1:** Assorted

Milk

**Condiments:**

Ketchup, Mayo,  
Mustard, or BBQ Sauce

Wed. October 18

**Lunch**

**Choose 1:**

Spaghetti/Garlic  
Breadstick or  
Grilled Chicken /Bun  
(Lett/Tomato/Pickle)

**Choose 1 or 2:**

Tossed side Salad or  
Steamed Carrots

**Choose 1:**

Fresh Fruit Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:** Mayo,  
Mustard, Ketchup  
Dressings

Thursday, October 19

**Lunch**

Baked Ham or  
Salisbury Steak

**Choose 1 or 2:**

Mashed Potatoes or  
Green Beans

**Choose 1:** Roll

**Choose 1:**

Fresh Fruit or Canned  
Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Gravy

Friday, October 20

**Lunch**

Fish /Bun or  
Hamburger /Bun  
(lett/Tom/Pickle/onion)

**Choose 1 or 2:**

Baked French Fries or  
Celery Sticks

**Choose 1:**

Fresh Fruit or Canned  
Fruit

**Choose 1:** Assorted

Milk

**Condiments:**  
Mayo, Mustard,  
Ketchup, Ranch  
Tarter Sauce,

Monday, October 23

**Lunch**

**Choose 1:**

Breaded Chicken  
or Pork Rib on a Bun  
(Lett, Tomato, Pickle)

**Choose 1 or 2:**

Baked Sweet Potato  
Fries or Coleslaw

**Choose 1:**

Fresh or Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Ketchup, Mayo,  
Mustard, and BBQ  
Sauce

Tuesday, October 24

**Lunch**

**Choose 1:**

Stuffed Crust Pizza or  
Chicken Noodle Soup  
w/Grilled Cheese  
Sandwich

**Choose 1 or 2:**

Tossed Side Salad  
Corn

**Choose 1:**

Fresh or Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Dressings, Marinara  
Sauce



Wed. October 25

**Lunch**

**Choose 1:** Sloppy Joe or  
Hamburger on a Bun  
(Lett/Tomato/Pickle/  
Onion)

**Choose 1 or 2:**

Baked Potato Fries  
or Steamed Broccoli

**Choose 1:**

Fresh or Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Ketchup, Mayo, &  
Mustard

Thursday, October 26

**Lunch**

**Choose 1:**

Gravy & Biscuit  
Scrambled Eggs &  
Sausage

**Choose 1 or 2:**

Potato Rounds or  
Cherry/Sliced Tomatoes

**Choose 1:**

Fresh or Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Ketchup, Ranch  
Dressing

Friday, October 27

**Lunch**

**Choose 1:**

Mini- Corn Dog or  
Macaroni & Cheese w/  
Breadstick

**Choose 1 or 2:**

Steamed Carrots  
Pinto Beans

**Choose 1:**

Fresh Fruit or Canned  
Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Mustard & Ketchup

Monday, October 30

**Lunch**

**Choose 1:**

Breaded Chicken Sand  
or Chili Beans w/  
Breadstick

**Choose 1 or 2:**

Cole Slaw or Corn

**Choose 1:** Fresh or  
Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Mayo, Ketchup,  
Mustard

Tuesday, October 31

**Lunch**

**Choose 1:** Chicken  
Fajita on Soft Tortilla,  
Taco Salad w/Tortilla  
Chips  
(Lett Tomato, Cheese)

**Choose 1 2:**

Pinto Beans or Salsa

**Choose 1:**

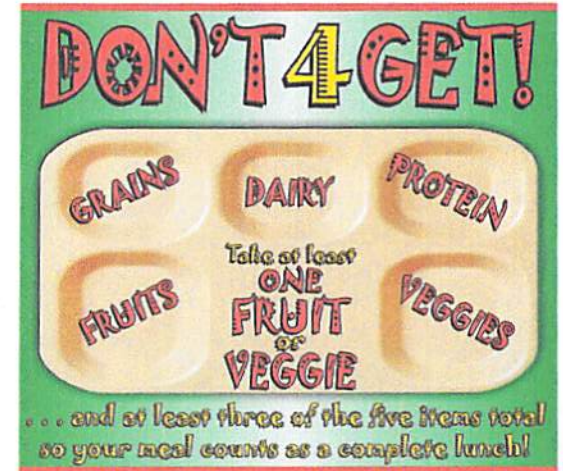
Fresh or Canned Fruit

**Choose 1:**

Assorted Milk

**Condiments:**  
Taco Sauce

# MENUS FOR OCTOBER 2017



## Buchanan County Public Schools Menu K-12



### JUST WHAT THE DOCTOR ORDERED.

This institution is an equal opportunity provider. Menus are subject to change.

Experts urge that we eat 5-9 servings of fruits and vegetables every day - and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

<p><b>Lunch</b> <b>Choose 1:</b> Breaded Chicken Sand or Chili Beans w/ Breadstick <b>Choose 1 or 2:</b> Cole Slaw or Corn <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Mayo, Ketchup, Mustard</p>	<p><b>Lunch</b> <b>Choose 1:</b> Chicken Fajita on Soft Tortilla, Taco Salad w/ Tortilla Chips (Lett, Tomato, Cheese) <b>Choose 1 or 2:</b> Pinto Beans or Salsa <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments</b> Taco Sauce</p>	<p><b>Lunch</b> <b>Choose 1:</b> Chicken Nuggets Fish Sandwich Fish Nuggets <b>Choose 1 or 2:</b> Baked Potato or Baked Beans <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> BBQ Sauce, Ketchup, Honey, Tarter Sauce</p>
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<p><b>Thursday, October 5</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Hot Dog /Bun BBQ Chicken /Bun <b>Choose 1 or 2:</b> Baked Swt Potato Fries Raw Broccoli <b>Choose 1:</b> Chocolate Chip Cookie <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Ketchup, Mustard, Chili, Onion</p>	<p><b>Friday, October 6</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Stuffed Crust Pizza Grilled Cheese Sand. <b>Choose 1 or 2:</b> Tossed Salad or Green Bean <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Marinara Sauce Dressing</p>
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<p><b>Monday, October 9</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Ham &amp; Cheese/ Bun, Grilled Cheese Sand. (Tomato or Veg Soup) <b>Choose 1 or 2:</b> Steamed Broccoli or Raw Carrots <b>Choose 1:</b> Fresh or Canned Fruit <b>Condiments</b> Mayo, Ketchup, Ranch Dressing</p>	<p><b>Tuesday, October 10</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Rotini or Chicken Fryz w/Breadsticks <b>Choose 1 or 2:</b> Tossed Side Salad Corn <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Salad Dressing, BBQ Sauce Ketchup, &amp; Honey</p>	<p><b>Wed October 11</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Chicken Nuggets or Meatloaf w/Roll <b>Choose 1 or 2:</b> Mashed Potatoes or Green Beans <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> BBQ Sauce, Ketchup, &amp; Honey</p>	<p><b>Thursday, October 12</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Hamburger or BBQ Chicken /Bun (Lett Tomato, Pickle) <b>Choose 1 or 2:</b> Baked French Fries, or Vegetarian Beans <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Mayo, Ketchup, Mustard</p>	<p><b>Friday, October 13</b></p> <p><b>Lunch</b> <b>Choose 1:</b> Chicken Alfredo or Jumbo Corn Dog <b>Choose 1 or 2:</b> Vegetable Medley or Cherry/Sliced Tomatoes <b>Choose 1:</b> Fresh or Canned Fruit <b>Choose 1:</b> Assorted Milk <b>Condiments:</b> Mayo, Ketchup, Mustard</p>
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