



Rother  
OCTOBER 2017 MENUS



<p><b>October 2 Minimum Day</b></p> <p><b>Breakfast:</b> Cereal Choice &amp; English Muffin</p> <p><b>Lunch:</b> Chicken Nuggets, Pan Bread, Baked Beans, Fruit</p>	<p><b>October 3</b></p> <p><b>Breakfast:</b> Ham &amp; Cheese Croissant</p> <p><b>Lunch:</b> Asian Chicken, Brown Rice, Stir Fry Vegetables, Fruit</p>	<p><b>October 4</b></p> <p><b>Breakfast:</b> WG French Toast Sticks</p> <p><b>Lunch:</b> Miller Beef Hot Dog on WW Bun, Baked Fries, Coleslaw, Fresh Fruit</p>	<p><b>October 5</b></p> <p><b>Breakfast:</b> Pan Dulce</p> <p><b>Lunch:</b> Beefy Cheese Nachos, Fresh Salsa, Carrots, Fruit Salad</p>	<p><b>October 6</b></p> <p><b>Breakfast:</b> Breakfast Burrito</p> <p><b>Brunch For Lunch</b> Waffles w/Applesauce, Sausage, Veggie Sticks, Potato Patty</p>
<p><b>October 9</b></p> <p><b>Breakfast:</b> Cereal Choice &amp; English Muffin</p> <p><b>Lunch:</b> Corndog with Fritos, Veggie Medley, Spiced Apples</p>	<p><b>October 10</b></p> <p><b>Breakfast:</b> Blueberry Muffin</p> <p><b>Lunch:</b> Rib Sandwich, Vegetable, Fruit</p>	<p><b>October 11</b></p> <p><b>Breakfast:</b> Cook's Choice</p> <p><b>Lunch:</b> Chili Cheese Fries, Garden Salad w/Dressing, Muffin, Fresh Fruit</p>	<p><b>October 12</b></p> <p><b>Breakfast:</b> Egg , Cheese WW English Muffin</p> <p><b>Lunch:</b> Chicken Fajita w/Veggies, WG Tortilla, Garden Salad w/Dressing, Fresh Fruit</p>	<p><b>October 13</b></p> <p><b>Breakfast:</b> Yogurt Parfait</p> <p><b>Lunch:</b> Pizza or Sandwich Choice, Salad Bar w/CROUTONS, Fresh Fruit, Cookie</p>
<p><b>October 16</b></p> <p><b>Breakfast:</b> Cereal Choice &amp; English Muffin</p> <p><b>Lunch:</b> Chicken Sandwich, Lettuce &amp; Tomato, Carrots, Fruit</p>	<p><b>October 17</b></p> <p><b>Breakfast:</b> Sausage Biscuit</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Green Beans, Roll, Fresh Fruit</p>	<p><b>October 18</b></p> <p><b>Breakfast:</b> Cheese Omelet</p> <p><b>Lunch:</b> Burrito with Salsa, Salad, Fruit</p>	<p><b>October 19</b></p> <p><b>Breakfast:</b> 100% WW Bagel w/Cream Cheese</p> <p><b>Lunch:</b> Hamburger, Whole Grain Bun, Tomato, Lettuce/Pickle, 3-Bean Salad, Fresh Fruit</p>	<p><b>October 20</b></p> <p><b>Breakfast:</b> Cook's Choice</p> <p><b>Lunch:</b> Pizza Salad Bar w/CROUTONS Fresh Fruit</p>
<p><b>October 23</b></p> <p><b>Breakfast:</b> Cereal Choice &amp; English Muffin</p> <p><b>Lunch:</b> Chicken Nuggets, Pan Bread, Baked Beans, Fruit</p>	<p><b>October 24</b></p> <p><b>Breakfast:</b> Ham &amp; Cheese Croissant</p> <p><b>Lunch:</b> Asian Chicken, Brown Rice, Stir Fry Vegetables, Fruit</p>	<p><b>October 25</b></p> <p><b>Breakfast:</b> WG French Toast Sticks</p> <p><b>Lunch:</b> Miller Beef Hot Dog on WW Bun, Baked Fries, Coleslaw, Fresh Fruit</p>	<p><b>October 26</b></p> <p><b>Breakfast:</b> Pan Dulce</p> <p><b>Lunch:</b> Beefy Cheese Nachos, Fresh Salsa, Carrots, Fruit Salad</p>	<p><b>October 27</b></p> <p><b>Breakfast:</b> Breakfast Burrito</p> <p><b>Brunch For Lunch</b> Waffles w/Applesauce, Sausage, Veggie Sticks, Potato Patty</p>
<p><b>October 30</b></p> <p><b>Breakfast:</b> Cereal Choice &amp; English Muffin</p> <p><b>Lunch:</b> Corndog with Fritos, Veggie Medley, Spiced Apples</p>	<p><b>October 31</b></p> <p><b>Breakfast:</b> Blueberry Muffin</p> <p><b>Lunch:</b> Rib Sandwich, Vegetable, Fruit</p>			<p><b>Daily Breakfast Choices:</b> Cereal, Fruit, Two Kinds of Milk</p> <p><b>Daily Lunch Choices:</b> Seasonal, Local Veggies &amp; Salads; Fruit or Juice Assortment, Two Kinds of Milk</p>

