

Shasta Meadows School

OCTOBER 2017 MENUS



October 2 Minimum Day Breakfast: Cereal Choice & English Muffin Lunch: Whole Grain Turkey Corn Dog, Barbeque Beans, Garden Salad w/Dressing, Fruit	October 3 Breakfast: Ham & Cheese Croissant Lunch: Oven Crisp Chicken Drumstick, Cheesy Potatoes, Pan Bread, Fruit or Juice	October 4 Breakfast: WG French Toast Sticks Lunch: Beef Hot Dog or Crispy Chicken Sandwich, Baked Fries, Garden Salad w/Dressing, Fruit	October 5 Breakfast: Cook's Choice Lunch: Grilled Cheese Sandwich w/Soup, Vegetables, Fruit	October 6 Breakfast: Breakfast Burrito Lunch: Pizza or Cook's Choice, Vegetables with Dip, Fruit
October 9 Breakfast: Cereal Choice & English Muffin Lunch: Chicken Nuggets, Pan Bread, Baked Beans, Fruit	October 10 Breakfast: Blueberry Muffin Lunch: Orange Chicken w/Veggie Spring Roll, Brown Rice, Broccoli, Fruit Crisp	October 11 Breakfast: Cook's Choice Lunch: Spaghetti w/ Garlic Bread, Garden Salad w/Dressing, Fruit	October 12 Breakfast: Egg, Cheese on WG English Muffin Lunch: Bean Burrito or Beef Taco Boat, Spanish Rice, Fresh Salsa, Fruit	October 13 Breakfast: Yogurt Parfait Lunch: Pizza Sticks or Cook's Choice, Vegetables with Dip, Fruit
October 16 Breakfast: Cereal Choice & English Muffin Lunch: Brunch For Lunch! French Toast, Sausage, Fruit or Juice, Vegetable Sticks	October 17 Breakfast: Sausage Biscuit Lunch: Chicken Enchiladas or Honey Rib Sandwich, Fruit & Vegetable Choices	October 18 Breakfast: Cheese Omelet Lunch: Hamburger w/Lettuce, Pickle & Tomato, Baked Fries, Fruit	October 19 Breakfast: 100% WW Bagel & Cream Cheese Lunch: Rainbow Treasures or Sandwich Choice w/Soup, Fruit	October 20 Breakfast: Cook's Choice Lunch: Pizza or Cook's Choice, Vegetables with Dip, Fruit
October 23 Breakfast: Cereal Choice & English Muffin Lunch: Whole Grain Turkey Corn Dog, Barbeque Beans, Garden Salad w/Dressing, Fruit	October 24 Breakfast: Ham & Cheese Croissant Lunch: Oven Crisp Chicken Drumstick, Cheesy Potatoes, Pan Bread, Fruit or Juice	October 25 Breakfast: WG French Toast Sticks Lunch: Beef Hot Dog or Crispy Chicken Sandwich, Baked Fries, Garden Salad w/Dressing, Fruit	October 26 Breakfast: Cook's Choice Lunch: Grilled Cheese Sandwich w/Soup, Vegetables, Fruit	October 27 Breakfast: Breakfast Burrito Lunch: Pizza or Cook's Choice, Vegetables with Dip, Fruit
October 30 Breakfast: Cereal Choice & English Muffin Lunch: Chicken Nuggets, Pan Bread, Baked Beans, Fruit	October 31 Breakfast: Blueberry Muffin Lunch: Orange Chicken w/Veggie Spring Roll, Brown Rice, Broccoli, Fruit Crisp	Breakfast: Full pay K-8: \$1.00 Full Paid Week K-8: \$5.00 Reduced daily: \$.25 Reduced week: \$1.25	Lunch prices: Full pay K-5: \$2.00 Full Paid Week K-5: \$10.00 Full pay 6-8: \$2.25 Full Paid Week 6-8: \$11.25 Reduced daily: \$.40 Reduced week: \$2.00	Daily Breakfast Choices: Cereal, Fruit, Milk Daily Lunch Choices: Seasonal, Local Veggies & Salads; Fruit or Juice Assortment

If income changes, apply for Meal Benefits

<http://eesd.heartlandapps.com/>

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Create profile: Name, first & last, email, create password, security questions

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Please call 224-4100 if you need any assistance!