



PARSONS JUNIOR HIGH

OCTOBER 2017 MENUS

<p>October 2 Minimum Day</p> <p>Breakfast: Cereal Choice & English Muffin</p> <p>Lunch: Bean Burrito or Cheese Quesadilla, Spanish Rice, Garden Salad w/Dressing, Fruit</p>	<p>October 3</p> <p>Breakfast: Ham & Cheese Croissant</p> <p>Lunch: Oven Crisp Chicken Drumstick, Mashed Potatoes w/Gravy, Hot Roll, Fruit or Juice</p>	<p>October 4</p> <p>Breakfast: Pancake on a Stick</p> <p>Lunch: Hamburger or Grilled Cheese Sandwich & Soup, Vegetables, Fruit</p>	<p>October 5</p> <p>Breakfast: Pan Dulce</p> <p>Lunch: Crispy Chicken Sandwich or Hamburger, Baked Fries, Garden Salad w/Dressing, Fruit</p>	<p>October 6</p> <p>Breakfast: Breakfast Burrito</p> <p>Lunch: Pizza or Cook's Choice, Vegetables with Dip, Fruit</p>
<p>October 9</p> <p>Breakfast: Cereal Choice & English Muffin</p> <p>Lunch: Chicken Fingers, Pan Bread, Baked Beans, Fruit</p>	<p>October 10</p> <p>Breakfast: Blueberry Muffin</p> <p>Lunch: Orange Chicken w/Spring Roll & Fried Rice or Hamburger w/Tater Tots, Broccoli, Fruit</p>	<p>October 11</p> <p>Breakfast: Cook's Choice</p> <p>Lunch: Spaghetti w/ Garlic Bread or Cheeseburger, Garden Salad w/Dressing, Fruit</p>	<p>October 12</p> <p>Breakfast: Egg, Cheese WG English Muffin</p> <p>Lunch: Turkey Wrap or Hamburger, Tater Tots, Fruit</p>	<p>October 13</p> <p>Breakfast: Yogurt Parfait</p> <p>Lunch: Pizza Sticks or Cook's Choice, Vegetables with Dip, Fruit</p>
<p>October 16</p> <p>Breakfast: Cereal Choice & English Muffin</p> <p>Lunch: Brunch For Lunch! French Toast, Sausage, Fruit or Juice, Vegetable Sticks</p>	<p>October 17</p> <p>Breakfast: Cook's Choice</p> <p>Lunch: Rib-a-Q w/Mac & Cheese or Hamburger, Fruit & Vegetable Choices</p>	<p>October 18</p> <p>Breakfast: Biscuits & Gravy</p> <p>Lunch: Rainbow Treasures or Cheeseburger w/Lettuce, Pickle & Tomato, Baked Fries, Fruit</p>	<p>October 19</p> <p>Breakfast: 100% WW Bagel & Cream Cheese</p> <p>Lunch: Chicken Enchiladas or Hamburger, Spanish Rice, Refried Beans, Fresh Salsa, Fruit</p>	<p>October 20</p> <p>Breakfast: Cinnamon Rolls</p> <p>Lunch: Pizza or Cook's Choice, Vegetables with Dip, Fruit</p>
<p>October 23</p> <p>Breakfast: Cereal Choice & English Muffin</p> <p>Lunch: Hot Dog, Barbeque Beans, Garden Salad w/Dressing, Fruit</p>	<p>October 24</p> <p>Breakfast: Ham & Cheese Croissant</p> <p>Lunch: Oven Crisp Chicken Drumstick, Mashed Potatoes w/Gravy, Hot Roll, Fruit or Juice</p>	<p>October 25</p> <p>Breakfast: Pancake on a Stick</p> <p>Lunch: Turkey Wrap or Grilled Cheese Sandwich & Soup, Vegetables, Fruit</p>	<p>October 26</p> <p>Breakfast: Pan Dulce</p> <p>Lunch: Crispy Chicken Sandwich or Hamburger, Baked Fries, Garden Salad w/Dressing, Fruit</p>	<p>October 27</p> <p>Breakfast: Breakfast Burrito</p> <p>Lunch: Pizza or Zombies, Vegetables with Dip, Fruit</p>
<p>October 30</p> <p>Breakfast: Cereal Choice & English Muffin</p> <p>Lunch: Chicken Fingers, Pan Bread, Baked Beans, Fruit</p>	<p>October 31</p> <p>Breakfast: Blueberry Muffin</p> <p>Lunch: Orange Chicken w/Spring Roll & Fried Rice or Hamburger w/Tater Tots, Broccoli, Fruit</p>	<p>Breakfast: Full pay K-8: \$1.00 Full Paid Week K-8: \$5.00 Reduced daily: \$.25 Reduced week: \$1.25</p>	<p>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</p>	<p>Daily Breakfast Choices: Cereal, Fruit, Milk Choice</p> <p>Daily Lunch Choices: Seasonal, Local Veggies & Salads; Fruit or Juice Assortment, Milk Choice</p>

