OCTOBER 2017 BREAKFAST AND LUNCH MENU FOWLER R4J

This Institution is an Equal Opportunity Provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Cereal Bar	**Pancake on a Stick**	**Breakfast Pizza**	**Mini Bagel**	**Muffin**	
	Chicken Patty with	Rib A Que Sandwich	Tomato Soup	Chicken Smackers	Bean and Cheese	
	Cream Gravy	Potato Triangle	Baked Cheese	with BBQ Sauce	Burrito	
	Mashed Potato	Pineapple	Sandwich	Crinkle Fries	Green Chili	
	Pears		Peaches	Applesauce	Corn	
					Mixed Fruit	
8	9	10	11	12	13	14
	Cereal Bar	**Biscuit and Gravy**	**French Toast**	**Donut**	**Muffin**	
	Lasagna	Chicken Soft Taco	Sloppy Joe on a Bun	Salisbury Steak	NO SCHOOL	
	Corn	Pinto Beans	Curley Fries	Mashed Potato with	STAFF INSERVICE	
	Bread Stick	Hot Sauce	Applesauce	Gravy		
	Pineapple	Mixed Fruit		Roll		
				Peaches		
15	16	17	18	19	20	21
	Cereal Bar	**Breakfast Pizza**	**Pancakes**	**Frugal**	**Muffin**	
	Corn Dog	Mandarin Orange	Country Fried Steak	Spaghetti with	Peanut Butter and	
	Tater Tots	Chicken	w Brown Gravy	Meat Sauce	Jelly Sandwich	
	M&M Cookie	Fried Rice	Mashed Potato	Green Beans	Sunchips	
	Tropical Fruit	Broccoli	Roll	Cheesy Breadstick	Applesauce Cups	
		Pineapple	Pears	Peaches	Fruit Snack	
22	23	24	25	26	27	28
	Cereal Bar	**Breakfast Burrito**	**Biscuit and Gray**	**Muffin**		
	Pizza	Pork Patty w Gravy	Enchilada Casserole	Chicken Sandwich	NO SCHOOL K-12	
	Corn	Mashed Potatos	Pinto Beans	Potato Wedges		
	Pudding	Roll	Tortilla	Applesauce		
	Mixed Fruit	Peaches	Pears			
29	30	31				
	Cereal Bar	**Waffles**				
	Fiesta Mac & Cheese	Witches Brew				
	Green Beans	Moon & Flying Saucer				
	Roll	Mummy Wraps				
	Pears	Franken Fruit				
Breakfast				Lunch		
Cold Cereal & Yogurt		Beef Soup		Salad and Fruit Bar		Menu
Fresh Fruit-Fruit Juice		Cheese and Crackers		Choice of Milk		Subject
Choice of Milk		Cinnamon Roll				To
		Mixed Fruit				Change