

Headland Elementary School Menu October 2015



29 Chicken Nuggets Smoked Sausage Roll Turnips Squash Fruit Breakfast Fruide Breakfast Squash Fruit Brownie Squash Fruit Squash Squash					
Seef Nachos Corn Pinto Beans Fruit Breakfast Mini Waffles Salisbury Steak Washed Potatoes Fruit Breakfast Mini Waffles Salisbury Steak Washed Potatoes Fruit Salisbury Steak Washed Potatoes Salisbury Steak Potato Fries Salisbury Steak Nuggets Salisbury Steak Nuggets Salisbury Steak Nuggets Salisbury Sweet Potatoes Salisbury Steak Nuggets Salisbury Steak N	Pizza Sweet Potato Fries Corn Fruit Breakfast	Chicken Nuggets Roll Mashed Potatoes English Peas Fruit Breakfast Cheese Grits,	Smoked Sausage Roll Turnips Squash Fruit Breakfast	Cheeseburger Lettuce, Tomato, & Pickle Green Beans Fruit Brownie Breakfast	Steak Nuggets Roll Okra Lima Beans Fruit Breakfast Grilled Ham &
Fall Break 19 Taco Corn Refried Beans Fruit Breakfast Sausage Pancake on a Stick Quesadilla Pinto Beans Corn Fruit Breakfast Breakfast Connamon Raisin Biscuit 21 Corndog Green Beans Glazed Carrots Fruit Fruit Breakfast Sausage Pancake on a Stick 27 Chicken Sandwich Glazed Sweet Potato Rounds Broccoli & Cheese Fruit Cookie Breakfast Scrambled Eggs, Sausage Link, Biscuit 28 Turkey Sandwich Fresh Carrots Onion Rings Fruit Pudding Breakfast	Beef Nachos Corn Pinto Beans Fruit Breakfast	Quesadilla Black Beans Spanish Rice Fruit Breakfast	Salisbury Steak w/ Gravy & Roll Butter Beans Mashed Potatoes Fruit Breakfast	Grilled Chicken Sandwich Oven Baked Fries Fresh Carrots Fruit Breakfast	9 Hamburger Sweet Potato Fries Broccoli & Cheese Fruit Cookie Breakfast
Taco Corn Refried Beans Fruit Breakfast Sausage Pancake on a Stick Quesadilla Pinto Beans Corn Fruit Breakfast Corn Corn Quesadilla Pinto Beans Fruit Breakfast Corn Fruit Corn Corn Refried Beans Fruit Breakfast Sausage Pancake on a Stick Corn Pinto Beans Corn Fruit Cookie Breakfast Corn Glazed Sweet Potato Rounds Broccoli & Cheese Fruit Cookie Breakfast Scrambled Eggs, Sausage Link, Biscuit Chicken Biscuit Breakfast Chicken Biscuit Breakfast Chicken Biscuit Chicken Biscuit Breakfast Breakfast Chicken Biscuit Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast	12				16
Sausage Pancake on a Stick Cinnamon Raisin Biscuit Scrambled Eggs, Sausage Link, Biscuit Chicken Biscuit Frudel Chicken Biscuit Frudel Sausage Link, Biscuit Chicken Biscuit Frudel Sausage Link, Biscuit Chicken Biscuit Frudel Steak Nuggets Fresh Carrots Onion Rings Fruit Pudding Fruit Pudding Breakfast Breakfast Breakfast Breakfast Breakfast Breakfast Frudel Frudel Steak Nuggets Roll Broccoli & Cheese	Taco Corn Refried Beans	Chicken Nuggets Roll Mashed Potatoes English Peas	Corndog Green Beans Glazed Carrots	Cheeseburger Potato Rounds Broccoli & Cheese	Pizza Sweet Potato Fries Corn Fruit
Quesadilla Pinto Beans Corn FruitChicken Sandwich Glazed Sweet Potatoes Steamed Cabbage FruitTurkey Sandwich Fresh Carrots Onion Rings FruitSteak Nuggets Roll Butter Beans FruitHotdog Broccoli & Cheese Green Beans FruitBreakfastBreakfastBreakfastBreakfastBreakfast	Sausage Pancake on	Cinnamon Raisin	Scrambled Eggs,		
	Quesadilla Pinto Beans Corn	Chicken Sandwich Glazed Sweet Potatoes Steamed Cabbage	Turkey Sandwich Fresh Carrots Onion Rings Fruit	Steak Nuggets Roll Butter Beans Mashed Potatoes	Hotdog Broccoli & Cheese Green Beans

Cereal, Cereal Bars, Pop-Tarts, and Muffins are available at breakfast.

A variety of juices are available at breakfast.

Plain & Flavored Milk is available with all meals. Water is available for \$1.