

MELBOURNE HIGH SCHOOL BREAKFAST

This institution is an equal opportunity provider

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">7</p> <p>superbun or cereal juice fruit milk</p> <p style="text-align: center;">superbun</p>	<p style="text-align: center;">8</p> <p>mini pancakes or cereal fruit juice milk</p> <p style="text-align: center;">mini pancakes</p>	<p style="text-align: center;">9</p> <p>pop tarts or cereal juice fruit milk</p> <p style="text-align: center;">pop tarts</p>	<p style="text-align: center;">10</p> <p>oats and cinn toast or Cereal juice/milk fruit</p> <p style="text-align: center;">breakfast taco</p>	<p style="text-align: center;">11</p> <p>Saus. Bisc. gravy or Cereal Juice/Milk fruit</p> <p style="text-align: center;">Saus./Bisc</p>
<p style="text-align: center;">14</p> <p>mini cinnamon w/cr.cream bagel or cereal juice, fruit milk</p> <p style="text-align: center;">bagel</p>	<p style="text-align: center;">15</p> <p>saus./bisc. Combo or cereal juice fruit milk</p> <p style="text-align: center;">saus./bisc. Combo</p>	<p style="text-align: center;">16</p> <p>parfait or cereal fruit juice milk</p> <p style="text-align: center;">cinnamon rolls</p>	<p style="text-align: center;">17</p> <p>oats and cinn toast or Cereal juice/milk fruit</p> <p style="text-align: center;">breakfast taco</p>	<p style="text-align: center;">18</p> <p>Saus. Bisc. gravy or Cereal Juice/Milk fruit</p> <p style="text-align: center;">Saus./Bisc</p>
<p style="text-align: center;">21</p> <p>french toast sticks w/ syrup or cereal fruit juice milk</p> <p style="text-align: center;">french toast sticks</p>	<p style="text-align: center;">22</p> <p>cinnamon roll or cereal juice fruit milk</p> <p style="text-align: center;">cinnamon roll</p>	<p style="text-align: center;">23</p> <p>bacon/egg bisc or cereal juice fruit milk</p> <p style="text-align: center;">bacon/egg bisc</p>	<p style="text-align: center;">24</p> <p>oats and cinn toast or Cereal juice/milk fruit</p> <p style="text-align: center;">breakfast taco</p>	<p style="text-align: center;">25</p> <p>Saus. Bisc. gravy or Cereal Juice/Milk fruit</p> <p style="text-align: center;">Saus./Bisc</p>
<p style="text-align: center;">28</p> <p>cinnamon roll or cereal juice fruit milk</p> <p style="text-align: center;">cinnamon roll</p>	<p style="text-align: center;">29</p> <p>breakfast pizza or cereal juice fruit milk</p> <p style="text-align: center;">breakfast pizza</p>	<p style="text-align: center;">30</p> <p>pop tarts or cereal juice fruit milk</p> <p style="text-align: center;">pop tarts</p>	<p style="text-align: center;">31</p> <p>oats and cinn.toast or Cereal Juice/Milk fruit</p> <p style="text-align: center;">mini cinnis</p>	<p style="text-align: center;">1</p> <p>Saus. Bisc. gravy or Cereal Juice/Milk fruit</p> <p style="text-align: center;">Saus./Bisc</p>

MELBOURNE HIGH SCHOOL LUNCH

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>chicken crisпитos</p> <p>garden salad mexican corn fruit milk</p> <p>fresh fruit</p>	<p>8</p> <p>chicken nuggets mashed potatoes green beans roll assort. Juice</p> <p>milk fresh fruit</p>	<p>9</p> <p>corndogs</p> <p>french fries baked beans fruit milk graham cracker</p> <p>fresh fruit</p>	<p>10</p> <p>nachoes w/gr.beef</p> <p>lettuce/tomato pinto beans salsa banana</p> <p>milk assort. Juice</p>	<p>11</p> <p>hamb. On bun sandwich trimming french fries sidekicks milk</p> <p>fresh fruit</p>
<p>14</p> <p>popcorn chicken</p> <p>mashed potatoes green beans roll fruit milk</p> <p>fresh fruit</p>	<p>15</p> <p>chicken taco salad.</p> <p>w.k.corn pinto beans strawberries milk</p> <p>apple</p>	<p>16</p> <p>beef fingers</p> <p>mac &cheese garden salad hot roll applesauce milk banana/carrot s</p>	<p>17</p> <p>salisbury steak mashed potatoes mixed veg. roll apple milk</p> <p>assort. Juice</p>	<p>18</p> <p>pizza</p> <p>garden salad assort. juice ww sugar cookie milk</p> <p>fresh fruit</p>
<p>21</p> <p>chicken wings mashed potatoes broccoli w/cheese slice bread assort. Juice milk</p> <p>fresh fruit</p>	<p>22</p> <p>mini corndogs pork & beans</p> <p>seasoned corn pineapple tidbits milk</p> <p>fresh fruit</p>	<p>23</p> <p>chick.spag. garden salad</p> <p>garlic biscuit veg.fruitable milk</p> <p>fresh fruit</p>	<p>24</p> <p>BBQ nachoes baked beans lettuce/tomatoe s</p> <p>frozen juice cup milk gr.cracker</p> <p>fresh fruit</p>	<p>25</p> <p>chicken crisпитos garden salad</p> <p>w.k.corn fruit cocktail milk</p> <p>fresh fruit</p>
<p>28</p> <p>veg. beef soup grilled cheese sand. garden salad</p> <p>sidekicks milk</p> <p>fresh fruit</p>	<p>29</p> <p>pepperoni pizza</p> <p>garden salad spiced apples</p> <p>ice cream milk</p> <p>orange</p>	<p>30</p> <p>ham & ch.rollup</p> <p>french fries garden salad frozen juice cup milk</p> <p>fresh fruit</p>	<p>31</p> <p>hot dog on bun</p> <p>tator babies baked beans</p> <p>fruitables cookie milk</p> <p>fresh fruit</p>	<p>1</p> <p>turkey & ch. Sand.</p> <p>sand.salad cup pork & beans</p> <p>assort.juice milk</p> <p>banana</p>

MELBOURNE HIGH SALAD/SANDWICH BAR October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>This institution is an equal opportunity provider.</p>	8	<p>9</p> <p>CHICKEN STRIP SALAD</p> <p>FRUIT MILK</p>	10	11
14	15	16	<p>17</p> <p>POPCORN CHICKEN SALAD</p> <p>FRUIT MILK</p>	18
21	<p>22</p> <p>CHEF SALAD</p> <p>FRUIT MILK</p>	23	24	25
28	29	30	<p>31</p> <p>POPCORN CHICKEN SALAD</p> <p>FRUIT MILK</p>	1