

OCTOBER 2017

Elementary Breakfast & Lunch

MONDAY

2

STAFF
DEVELOPMENT

Breakfast

Cereal & Graham Cracker
Blueberry Pancake on a Stick
Applesauce & Assorted Juice

Lunch

Chicken & Waffles
Strawberry Spinach Salad
Green Beans
Apples Slices

16

Breakfast

Cereal & Graham Cracker
Pancake on a Stick
Applesauce & Assorted Juice

Lunch

Pizza – Pepperoni or Cheese
Golden Corn
Celery Sticks w/Ranch
Fruit Cocktail

23

Breakfast

Cereal & Graham Cracker
Blueberry Pancake on a Stick
Applesauce & Assorted Juice

Lunch

Corndog Nuggets
Seasoned Spinach
French Fries
Sliced Peaches

30

Breakfast

Cereal & Graham Cracker
Pancake on a Stick
Applesauce & Assorted Juice

Lunch

Steak Fingers
Potato Wedges
Green Beans
Grapes

TUESDAY

3

Breakfast

Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice

Lunch

*Sweet & Sour Dip'n Chick'n
*Protein Bistro Box-Egg
Steamed Rice
Steamed Broccoli
Baby Carrots
Orange Wedges

10

Breakfast

Cereal & Graham Cracker
Strawberry Bagel-ful
Turkey Bacon
Orange Wedges & Assorted Juice

Lunch

*Oven Roasted Chicken
*Protein Bistro Box – Trky Ham
Fresh Baked Roll
Mashed Potatoes & Gravy
Seasoned Carrots
Grapes

17

Breakfast

Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice

Lunch

*Orange Chicken over Rice
*Protein Bistro Box-Trky Ham
Steamed Broccoli
Fresh Cucumbers/Tomatoes
Diced Pears

24

Breakfast

Cereal & Graham Cracker
Strawberry Bagel-ful
Turkey Bacon
Orange Wedges & Assorted Juice

Lunch

* Chicken Lo Mein over Noodles
*Turkey Chef Salad
California Veggies
Celery Sticks
Diced Pears

31

Breakfast

Cereal & Graham Cracker
Sausage Roll
Fresh Orange & Assorted Juice

Lunch

*Sweet & Sour Dip'n Chick'n
*Protein Bistro Box-Egg
Steamed Rice
Steamed Broccoli
Baby Carrots
Peaches

WEDNESDAY

4

Breakfast

Cereal & Graham Cracker
Yogurt Parfait w/ Graham Cracker
Fruit Cocktail & Assorted Juice

Lunch

Crispy Beef Tacos
Golden Corn
Lettuce & Tomato
Salsa
Peach Crisp
Fruit Cocktail

11

Breakfast

Cereal & Graham Cracker
Biscuit & Sausage w/Gravy
Sliced Peaches & Assorted Juice

Lunch

*Chicken Alfredo
*Turkey Chef Salad
Bread Sticks
Golden Corn
Seasoned Spinach
Fruit Cocktail

18

Breakfast

Cereal & Graham Cracker
Yogurt Parfait w/ Graham Cracker
Fruit Cocktail & Assorted Juice

Lunch

Chicken Fajita Soft Tacos
Pinto Beans
Carrot Coins
Spanish Rice
Salsa
Grapes

25

Breakfast

Cereal & Graham Cracker
Biscuit & Sausage w/Gravy
Sliced Peaches & Assorted Juice

Lunch

Rotini & Meat Sauce
Garlic Breadstick
Garden Salad
Green Beans
Fruit Cocktail

THURSDAY

5

Breakfast

Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice

Lunch

*Chicken Nuggets
*Turkey Chef Salad
Fresh Baked Roll
Mashed Potatoes & Gravy
Seasoned Spinach
Strawberries

12

Breakfast

Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice

Lunch

*Beef & Cheese Nachos
*Protein Bistro Box – Egg
Refried Beans
Cucumber & Tomatoes
Sliced Peaches

19

Breakfast

Cereal & Graham Cracker
Cheese Omelet
Southern Style Biscuit
Apple Slices & Assorted Juice

Lunch

*Chicken Nuggets
*Turkey Chef Salad
Fresh Baked Roll
Mashed Potatoes & Gravy
Seasoned Spinach
Sliced Peaches

26

Breakfast

Cereal & Graham Cracker
Trix Yogurt w/Graham Cracker
Apple Slices & Assorted Juice

Lunch

*Beef & Cheese Nachos
*Protein Bistro Box - Egg
Refried Beans
Seasoned Carrots
Strawberries

FRIDAY

6

Breakfast

Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice

Lunch

*Hamburger or Cheeseburger
*Turkey & Cheese Melt
Lettuce, Tomato, Pickle
Baked Beans
Applesauce

13

Breakfast

Cereal & Graham Cracker
French Toast Sticks & Syrup
Fruit Cocktail & Assorted Juice

Lunch

Crispy Chicken Sandwich
Lettuce, Tomato, Pickle
French Fries
Applesauce

20

Breakfast

Cereal & Graham Cracker
Dutch Baby Waffle
Fruit Cocktail & Assorted Juice

Lunch

Chicken Fried Steak on a Bun
Green Beans
Tater Tots
Orange Wedges

27

Breakfast

Cereal & Graham Cracker
French Toast Sticks & Syrup
Fruit Cocktail & Assorted Juice

Lunch

Grilled Chicken Sandwich
Potato Wedges
Lettuce, Tomato, Pickle
Apple Slices

MEAL PRICES

~Breakfast~

- Students \$1.30
- Reduced Price - .30¢
- Adult - \$1.80

~Lunch~

- Students - \$2.75
- Reduced Price - .40¢
- Adult - \$3.25

Milk Varieties Offered Daily

8 oz. Cartons of:
FF Chocolate
FF Strawberry
1% Lowfat

Extra Milk or Milk Purchased
Without Tray - .60¢



Each meal
(Breakfast and Lunch)
must contain at least
3 items - 1 of the items
must be a fruit or vegetable.

* Denotes Choice of Entree

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How to make a Meal!

Students may take an entrée = 1 or 2

(=2 if grain is part of the entree),

a grain item = 1

two fruit choices = 2 if both are taken,

two vegetable choices = 2 if both are taken,

and a milk = 1

as part of a reimbursable meal.

In order to make a complete

reimbursable meal, students must

select a fruit or vegetable option

as part of their meal.

**The items taken must = 3 or more
(one of those must be fruit or vegetable)**

SHAC CORNER

(Student Health Advisory Council)

ALL SESSIONS HELD FROM 6:30-8 PM

(Unless Otherwise Noted)

At ACORN Community & Family Services Center

101 Live Oak Street Red Oak, Tx

RSVP: Donna Knight at 972-617-4568

Or email donna.knight@redoakisd.org

10/16 - In Their Shoes

10/19 - Choosing Effective Discipline
Techniques

10/23 - Developing Trust Within the Family

10/24 - Anger Management

Hide 'N' Seek

10/30 - Developing Teamwork in Education &
Resolving Homework Issues