

Revised YOUNG SCHOLARS OCTOBER 2016

SCHOOL BREAKFAST MENU

Monday

Asst. WG Cereal
1 slice Wheat Bread & Jelly
4oz Juice
1/2c Fruit

Tuesday

2 Pancakes & Syrup
4oz Juice
1/2c Fruit

Wednesday

Asst. WG Cereal
1 slice Wheat Bread & Jelly
4oz Juice
1/2c Fruit

Thursday

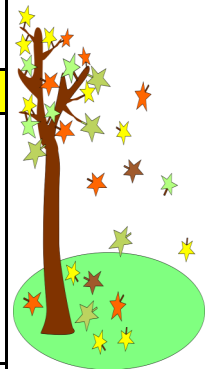
2 Waffles & Syrup
4oz Juice
1/2c Fruit

Friday

Muffin
4oz Juice
Fresh Fruit

All breakfast served with low fat Milk

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 no lunch 1/2 Day	4	5	6	7
Primanti style Steak & Cheese Hoagie 1/2c Steak Fries 1/2c Southern Style Cole Slaw Fresh Orange 1/2c Mixed Fruit 1/2pt FF Milk	Cheeseburger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Baked Beans 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Totally Taco Wrap (Taco Meat & shred. cheese in a wheat tortilla shell w/ 1/2c lettuce & tomato) 1 taco sauce pack 1/2c Garden Green Beans 1/2c Mixed Fruit 1 Piece Fresh Fruit 1/2pt FF Milk	1 TURKEY HOT DOG 1/2c Whipped Potatoes 1/2c Sauerkraut 1 Ketchup & 1 Mustard pkt 1 WW Hot Dog Bun Banana 1/2c Pears 1/2pt FF Milk	8oz Marvelous Mac n Cheese (spring pasta) 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk
10	11	12	13	14
Spicy Popcorn Chicken w/ BBQ Pkt 1/2c Carrots Wheat Dinner Roll 1/2c Tater tots w/ ketchup 1/2c Pineapple Tidbits 1 Piece Fresh Fruit 1/2pt FF Milk	Hot Roast Beef Hoagie 1/2c Sautéed Peppers Tomatoes and Onions 1/2c Baked Beans 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk	Chicken n Gravy w/ Whole Wheat Bread Slice 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Burger on Whole Wheat Bun w/ 1/2c lettuce & tomato 1 Ketchup Packet 1/2c Broccoli 1/2c Mandarin Oranges 1 Piece Fresh Fruit 1/2pt FF Milk	Panini Sandwich w/ Shaved Turkey & American Cheese 1/2c Carrots & Celery 1/2c Baked Tater Tots 1 Ketchup Packet 1/2c Chilled Pears 1 Piece Fresh Fruit 1/2pt FF Milk
17	18	19	20	21
Totally Taco in a Bag (Taco Meat & shred. cheese) corn chips 1/2c Tomato & Lettuce 1/2c Cucumber Slices, Cauliflower, Celery Fresh Orange 1/2c Fruit Mix 1/2pt FF Milk	2oz Chicken Strips & 1c Leaf Lettuce, 1/2oz Cheese 1/2c Tomatoes & Cucumbers FF Ranch Dressing 1 Wheat Dinner Roll Fresh Banana 1/2c Peaches 1/2pt FF Milk	Cold Roast Beef n Cheese w/ 1/2c Tomato & Lettuce on WW Bun 1 Mayo Packet 1/2c Baked Beans 1/2c Cinnamon Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Spicy Popcorn Chicken Bowl 3oz Spicy Popcorn chicken 1/2c Mashed Potatoes 1/2c Corn Red Delicious Apple 1/2c Mixed Fruit 1/2pt FF Milk	Cold Pinwheel Pizza w/ 2oz Cheese 1/2c Romaine & 1/2c Tomato FF Ranch Dressing 1/2c Marinara Sauce Fresh Fruit 1/2c Pears 1/2pt FF Milk
24	25	26	27	28
Chicken n Gravy w/ Whole Wheat Bread Slice 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk	Mighty Meatball Hoagie (3 meatballs w/ 1/2oz LF mozzarella cheese on WW Hot dog bun) 1/2c Corn 1/2c Salad Cup w/ 1 FF Ranch 1/2c Applesauce 1 Piece Fresh Fruit 1/2pt FF Milk	Hearty Beef Stew w/ 1/2c Peas & Carrots over 1/2c Whipped Potatoes Whole Wheat Bread Slice Fresh Apple 1/2c Pineapple 1/2pt FF Milk	Panini Sandwich w/ Shaved Buffalo Chicken & Provolone Cheese 1/2c Tomato & Lettuce 1/2c Baked Beans 1/2c Diced Pears 1 Piece Fresh Fruit 1/2pt FF Milk	Marvelous Mac n Cheese 1/2c Cherry Tomatoes 1/2c Fresh Broccoli 1 FF Ranch Packet 1/2c Mixed Fruit Cup 1 Piece Fresh Fruit 1/2pt FF Milk
31 Halloween				
Chicken n Gravy w/ Whole Wheat Bread Slice 1/2c Whipped Potatoes 1/2c Spinach Salad w/ FF Ranch Packet Fresh Fruit 1/2c Pineapple 1/2pt FF Milk				 The Nutrition Group



Daily Milk Choices:
Skim, Flavored Fat Free, 1% White

All meals include 8oz milk

