



Gala Apple

OCTOBER

NATIONAL SCHOOL LUNCH WEEK October 9-13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast Sticks & Sausage	3 Cereal & Toast	4 Fruit Smoothie & Nutri-Grain Bar	5 Cheese Omelet & Toast	6 Breakfast Sliders
Hamburger/Cheeseburger on a Bun Twister Fries Peas Fresh/Canned Fruit Choice	Chicken Nuggets Mashed Potatoes & Gravy Buttered Corn Fresh/Canned Fruit Choice Fresh Dinner Roll	Dog in a Blanket Tater Tots Baked Beans Fresh/Canned Fruit Choice	Pizza Casserole Green Beans Fresh/Canned Fruit Choice Garlic Breadstick	Hot Ham & Cheese Waffle Fries Steamed Carrots Fresh/Canned Fruit Choice
9 Frosted Long John & Cereal	10 Breakfast Biscuit	11 Cereal & Fresh Muffin	12 Scrambled Eggs & Toast	13 Breakfast Cake & Yogurt
Chicken Patty on a Bun French Fries/Sweet Potato Fries Peas Fresh/Canned Fruit Choice	Super Nachos Buttered Corn Fresh Fruit/Fruit Salad	BBQ Pork Sandwich Cheesy Potatoes Baked Beans Fresh/Canned Fruit Choice	Spaghetti & Meat Sauce Steamed Broccoli Fresh/Canned Fruit Choice Garlic Toast	Cheeseburger Macaroni Green Beans Fresh/Canned Fruit Choice Garlic Breadstick Fruit Choice
16 Cereal & Toast	17 Breakfast Pizza	18 Cheese Omelet & Toast	19 Breakfast Biscuit	20 Pancakes & Ham
French Toast Sticks Sausage Links Hashbrown Fresh Fruit/Fruit Juice	Tater Tot Casserole Buttered Corn Fresh/Canned Fruit Choice Fresh Dinner Roll	Hot Ham & Cheese Baked Potato Wedges Baked Beans Fresh/Canned Fruit Choice	Chicken Fajita Savory Rice Steamed Carrots Fresh/Canned Fruit Choice	Stromboli Macaroni & Cheese Peas Fresh/Canned Fruit Choice
23 Breakfast Cake & Yogurt	24 Cereal & Toast	25 Berry Parfait & Cereal Bar	26 Frosted Long John & Cereal	27 French Toast Sticks & Sausage
Mini Corn Dogs Tater Tots Baked Beans Fresh/Canned Fruit Choice	Hard or Soft Shell Tacos Buttered Corn Fresh Fruit/Fruit Salad Choice	Hamburger/Cheeseburger on a Bun Twister Fries Peas Fresh/Canned Fruit Choice	Scalloped Potatoes & Ham Steamed Carrots Fresh/Canned Fruit Choice Fresh Bread Slice	Mozzarella Dippers w/Marinara Sauce Green Beans Macaroni Salad Fresh/Canned Fruit Choice
30 Trix/Danimal Yogurt & Fresh Muffin	31 Breakfast Biscuit			
French Toast Sticks Sausage Links Hashbrown Fresh Fruit/Fruit Juice	Pizza Choice Fresh Veggies & Dip Salad Bar Fresh/Canned Fruit Choice Happy Halloween Treat!			



Milk Offered

- Fat-free and 1% white milk
- Fat-free chocolate milk

Breakfast Notes

Breakfast is served with the choice of fruit and

Two Entrees will be offered each day. Students may choose one. The second option for PK - 4th grade is a yogurt lunch (consists of 4 oz. yogurt, peanut butter sandwich, vegetable, fruit and milk) and the second option for 5th - 12th is a chef salad.

Each meal must have a combined 1/2 cup total of vegetable and/or fruit on the tray in order to qualify for a reimbursable meal.

WG - Whole Grain
WW - Whole Wheat



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.