

OCTOBER BREAKFAST & LUNCH MENU

2	Zesty Tornado, Creamy Yogurt, Fruit Choice, Juice Choice, Milk Choice Crispy Tenderloin on WG Bun, Seasoned Potato Wedges, Fresh Baby Carrots, Sweet Orange Wedges, Fruit Choice , Milk Choice	3	Savory Egg Pattie, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Soft Shell Taco, Crisp Lettuce & Tomato, Refried Beans, Black Bean & Corn Salsa w/WG Tortilla Chips, Juicy Pears, Fruit Choice , Milk Choice	4	Tasty Pancake Wrap w/Syrup, Fruit Choice, Juice Choice, Milk Choice Sweet Teriyaki Chicken, Vegetable Rice, Steamed Oriental Vegetables, Fortune Cookie, Sweet Mandarin Oranges, Fruit Choice , Milk Choice	5	Savory Egg Omelete, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Crispy Baked Chicken, Hot Roll, Buttery Corn, Sweet Applesauce, Fruit Choice , Milk Choice	6	Hot Breakfast Pizza, Fruit Choice, Juice Choice, Milk Choice Zesty Spaghetti w/Meat Sauce, Garden Spinach Salad, Tangy Grapefruit, WG Breadstick , Fruit Choice , Milk Choice
9	Zesty Tornado, Creamy Yogurt, Fruit Choice, Juice Choice, Milk Choice Crispy Chicken Fried Steak with Creamy Peppered Gravy, Creamy Mashed Potatoes, Crunchy Baby Carrots, Strawberries, Wheat Roll w/Jelly , Fruit Choice , Milk Choice	10	Savory Egg Pattie, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice BBQ Pork on WG Bun, Ranch Sweet Potato Wedges, Seasoned Baked Beans, Juicy Pears, Fruit Choice , Milk Choice	11	Tasty Pancake Wrap w/Syrup, Fruit Choice, Juice Choice, Milk Choice Cheesy Pizza, Crisp Romaine Salad, Fresh Banana, Fruit Choice , Milk Choice	12	Savory Egg Omelete, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice WG Corn Dog, Fresh Garden Spinach Salad, Seasoned Green Beans, Crisp Apple Wedges, Fruit Choice , Milk Choice	13	Hot Breakfast Pizza, Fruit Choice, Juice Choice, Milk Choice Zesty Taco Burger on WG Bun, Crisp Green Leaf and Tomato, Spanish Rice, Sweet Pineapple and Bananas, Fruit Choice , Milk Choice
16	NO SCHOOL PD DAY	17	Zesty Tornado, Creamy Yogurt, Fruit Choice, Juice Choice, Milk Choice Fresh Turkey & Cheese Sub, Crisp Green Leaf Lettuce & Tomato, Crispy Oven Fries, Sweet Peaches, Sweet Sorbet, Graham Snacks , Fruit Choice , Milk Choice	18	Tasty Pancake Wrap w/Syrup, Fruit Choice, Juice Choice, Milk Choice Zesty Chicken Fajitas, WG Corn Tortilla Chips & Black Bean Corn Salsa, Fresh Baby Carrots, Sweet Pears, Crispy Churros, Fruit Choice , Milk Choice	19	Savory Egg Omelete, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Crispy Popcorn Chicken, Mashed Potatoes & Gravy, Fresh Broccoli, Wheat Roll w/Jelly , Strawberries w/Applesauce, Fruit Choice , Milk Choice	20	Hot Breakfast Pizza, Fruit Choice, Juice Choice, Milk Choice Creamy Turkey & Noodles, Creamy Mashed Potatoes, Fresh Baby Carrots, Chocolate Muffin, Sweet Mixed Fruit, Fruit Choice , Milk Choice
23	Zesty Tornado, Creamy Yogurt, Fruit Choice, Juice Choice, Milk Choice Sausage Biscuits and Gravy, Crispy Tri Tator, Fresh Citrus Fruit Cup, Fruit Choice , Milk Choice	24	Savory Egg Pattie, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Turkey BLT Wrap, Buttery Corn, Crisp Apples, Fruit Choice , Milk Choice	25	Tasty Pancake Wrap w/Syrup, Fruit Choice, Juice Choice, Milk Choice Hot Ham & Cheese on WG Bun, Ranch Sweet Potato Wedges, Seasoned Baked Beans, Juicy Pears, Fruit Choice , Milk Choice	26	Savory Egg Omelete, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Crunchy Walking Taco, Lettuce, Tomato & Salsa, Refried Beans, Sweet Cinnamon Puffs, Pineapple Tidbits, Fruit Choice , Milk Choice	27	Hot Breakfast Pizza, Fruit Choice, Juice Choice, Milk Choice Pepperoni Pizza, Crisp Romaine Salad, Fresh Banana, Fruit Choice , Milk Choice EARLY OUT
30	Zesty Tornado, Creamy Yogurt, Fruit Choice, Juice Choice, Milk Choice Chicken Strips, Crispy French Fries, Buttery Corn, Sweet Orange Wedges, Rice Crispy Bar, Fruit Choice , Milk Choice	31	Savory Egg Pattie, Zesty Sausage, Soft Biscuit, Fruit Choice, Juice Choice, Milk Choice Hamburger on WG Bun, Crisp Green Leaf Lettuce & Sliced Tomato, Ranch Sweet Potato Wedges, Sweet Applesauce, Fruit Choice , Milk Choice	*Milk served daily *Menu subject to change *Students in Secondary building may chose juice in place of fruit choice		*6 – 12 th Grade *9-12 th Grade			