

BREAKFAST



LUNCH



OCTOBER 2018

SCHOOL OF DREAMS ACADEMY

All meals are served with a food bar and your choice of low-fat flavored or white milk. We use whole grain breads. All foods are baked

Monday

1 SAUSAGE PATTIE
TOAST, 1 SLICE
FRESH FRUIT

CHEESE ENCHILADAS (RED)

PINTO BEANS
APPLESAUCE
TORTILLA

8

9 CREAM OF WHEAT
TOAST, 1 SLICE
FRESH FRUIT

CHICKEN STICKS

PEAS
APRICOTS
WHOLE WHEAT ROLL

16

CHEESE OMELET
TORTILLA
FRESH FRUIT

TOSTADA

MIXED VEGETABLES
MEXICALI CORN
CHEX MIX

23

MINI WAFFLE EGGO BITES
FRESH FRUIT

GRILLED CHEESE SANDWICH

GREEN BEANS
MANDARIN ORANGES
WHOLE WHEAT ROLL

30

WAFFLES MINI EGGO BITES
FRESH FRUIT

ORANGE CHICKEN
BROCCOLI
BROWN RICE
PINEAPPLE CHUNKS
FORTUNE COOKIE

29

BREAKFAST BURRITO
FRESH FRUIT

CHICKEN TAQUITOS
PINTO BEANS
CINNAMON APPLE SLICES
ANIMAL CRACKERS

22

BREAKFAST COMBO BAR
WHEAT TORTILLA
FRESH FRUIT

CHEESE RAVIOLI & MARINARA SAUCE
MIXED VEGETABLES
PEARS
WHOLE WHEAT ROLL

15

MINI BAGEL
FRESH FRUIT

COUNTRY FRIED STEAK

CARROTS
COUNTRY GRAVY
ICE DOG
WHOLE WHEAT ROLL

2

CHERRY FRUDEL
FRESH FRUIT

Tuesday

3 BREAKFAST PIZZA
FRESH FRUIT

BBQ BEEF SANDWICH

OVEN FRENCH FRIES
PEACHES

3

BREAKFAST PIZZA
FRESH FRUIT

10 HASH BROWNS
SAUSAGE PATTIE
WHEAT TORTILLA
FRESH FRUIT

BEEF TACOS (HARD SHELL)

PINTO BEANS
CINNAMON APPLE SLICES
TORTILLA

17

BANANA BREAD
FRESH FRUIT

CHICKEN NUGGETS

CARROTS
APPLESAUCE
WHOLE WHEAT ROLL

24

APPLE BOSCO STICK
FRESH FRUIT

BBQ PORK ON A BUN

SWEET POTATO TATER TOTS
APRICOTS

31

APPLE BOSCO STICK
TOAST, 1 SLICE
FRESH FRUIT

LASAGNA WITH MEAT SAUCE
TUSCAN BLEND VEGETABLES
MIXED FRUIT
GARLIC BREADSTICKS

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