

# WORTH COUNTY R-III

## BREAKFAST MENU

# October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinnis Fruit	3 Cheddar Omelet w/Toast Fruit	4 Mini Blueberry Waffles w/Syrup Fruit	5 Bagel Yogurt w/Granola Fruit	6 Biscuits & Gravy Fruit
9 NO SCHOOL	10 Breakfast Pizza Fruit	11 Pancakes w/Syrup Fruit	12 Egg, Sausage Biscuit Fruit	13 Biscuits & Gravy Fruit
16 Breakfast Stick w/Syrup Fruit	17 Mini Donuts Fruit	18 Breakfast Burrito w/Salsa Fruit	19 French Toast Sticks w/Syrup Fruit	20 NO SCHOOL
23 Apple Frudel Fruit	24 Banana Nut Muffin Yogurt Fruit	25 Dutch Waffle Fruit	26 Bacon & Cheese Eggstravaganza w/Toast Fruit	27 Biscuits & Gravy Fruit
30 Mini Cinnis Fruit	31 Cheddar Omelet w/Toast Fruit			

1%, Skim and Fat Free Chocolate Milk and Juice Variety offered with every meal

MENU IS SUBJECT TO CHANGE

# October

# Worth County R-III

# Lunch

## Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Country Fried Steak w/Wheat Roll OR BBQ Pork Sandwich Mashed Potatoes Green Beans Fruit	<b>3</b> Fiesta Pizza OR Teriyaki Chicken & Rice Beans Cookie Fruit	<b>4</b> Meatball Sub OR Hot Dog Garden Salad Sun Chips Yogurt Fruit	<b>5</b> Chicken Drumsticks w/ Hot Roll OR Chili w/Tostitos Carrots Cucumber Coins w/Ranch Fruit	<b>6</b> Shrimp Poppers OR Chicken Cheese Crispito Tater Tots Yogurt & Granola Fruit Wango Mango Juice
<b>9</b> NO SCHOOL	<b>10</b> Hamburger OR Beef Sticks w/Wheat Roll French Fries Baby Carrots Fruit	<b>11</b> Beef Nachos OR Burrito w/Salsa Beans & Rice Ice Cream Fruit	<b>12</b> Chicken Nuggets OR Grilled Chicken Sandwich Peas Macaroni & Cheese Fruit Cookie	<b>13</b> Cheese Pizza OR Mini Corn Dogs Garden Salad Fruit Jell-O
<b>16</b> Italian Dog OR Chicken Sandwich French Fries Golden Corn Fruit Frozen Fruit Cup	<b>17</b> Mac & Cheez-IT with Ham OR Sloppy Joes Baked Beans Garden Salad Fruit	<b>18</b> Walking Taco w/Salsa OR Breaded Beef Sandwich Corn Beans Fruit Cookie	<b>19</b> Pizza Bosco Stick w/Marinara OR Cheeseburger Baby Carrots & Cauliflower w/Ranch Fruit or Sherbet	<b>20</b> NO SCHOOL
<b>23</b> Corn Dog OR Chicken Nuggets French Fries Veggie Fruit Cookie	<b>24</b> Hot Ham & Cheese w/Doritos OR Chicken & Noodles Mashed Potatoes California Blend Veggies Fruit	<b>25</b> Chicken Parmesan over Pasta OR Chicken Tetrazzini Garden Salad Breadstick Fruit	<b>26</b> Fritos Chili Pie OR Meatloaf Mashed Potatoes Golden Corn Fruit Cookie	<b>27</b> Pepperoni Pizza OR Deli Sandwich w/Sun Chips Garden Salad Green Beans Fruit
<b>30</b> Country Fried Steak w/Wheat Roll OR BBQ Pork Sandwich Mashed Potatoes Green Beans Fruit, Cookie	<b>31</b> Cheese Pizza OR Teriyaki Chicken & Rice Garden Salad Fruit			

1%, Skim and Fat Free Chocolate Milk offered with every meal

MENU IS SUBJECT TO CHANGE