

October 2017

Special Schools 9th – 12th Menus



Breakfast \$1.45
 Reduced Breakfast \$.30
 Visitor Breakfast \$2.10
 Extra Milk \$.50

Lunch \$2.55
 Reduced Lunch \$.40
 Visitor Lunch \$3.60
 Extra Milk \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Select at least 3 items. One must be ●fruit or ●juice. The below breakfast options will be offered weekly on the day of the week listed. ●Juice, ●fruit and ●milk offered daily. Items with * have weekly alternating flavors.				
<ul style="list-style-type: none"> ●●Breakfast Rings* ●Start Your Day Cereal ●Fruit Grain Bar* ●String Cheese 	<ul style="list-style-type: none"> ●●PBJ Graham ●Start Your Day Cereal ●●Breakfast Pizza~* 	<ul style="list-style-type: none"> ●●Cinnamon Goodness* ●Start Your Day Cereal ●●Good Morning Bread* 	<ul style="list-style-type: none"> ●Glazed Bun* ●Start Your Day Cereal ●Morning Muffin* ●Hardboiled Egg 	<ul style="list-style-type: none"> ●●Stuffed Bagel* ●Start Your Day Cereal & ●Toaster Pastry* ●●Breakfast Burrito~
Lunch Options				
Select 3 to 5 components and one must be fruit or vegetable. Fruit and vegetable options are listed below and are served on the same day of the week each week. 1% and fat free flavored ●milk is offered daily. A full dot (●) represents a full component. A half dot (◐) represents a portion of a component. Although we make every effort to provide choices, we cannot guarantee all menu choices will be available for all students.				
2 <ul style="list-style-type: none"> ●●Rolled Beef Taco ●●Spicy Chicken on Bun ●●PBJ Bundle^** ◐Strawberry Muffin ●Spicy Beans 	3 <ul style="list-style-type: none"> ●●Boneless Chicken Wings# ●●PBJ Bundle^** ◐Pumpkin Bread ◐Dinner Roll & Butter ●Mashed Spuds & Gravy 	4 <ul style="list-style-type: none"> ●●General Tso Chicken with ◐Fried Rice ●●Cheese Calzonettes^ ●●PBJ Bundle^** ◐Fish Shaped Crackers ●Potato Puffs 	5 <ul style="list-style-type: none"> ●Homemade Chili ●●Cheese Quesadilla^ ●●PBJ Bundle^** ◐Cinnamon Roll ◐Tortilla Chips 	6 <ul style="list-style-type: none"> ●●Delivery Pizza# ●●BBQ Ribette on Bun ●●PBJ Bundle^** ◐Cheese Crackers
9 <ul style="list-style-type: none"> ●●Meaty Spaghetti ●●Crispy Chicken Sandwich ●●PBJ Bundle^** ◐Sun Chips ●BBQ Baked Beans 	10 <ul style="list-style-type: none"> ●Roasted Chicken Leg ●●Sloppy Joes ●●PBJ Bundle^** ◐Banana Bread ●Roasted Potatoes <p style="text-align: center;">National School Lunch Week</p>	11 <ul style="list-style-type: none"> ●●Corny Corn Dog ●●Grilled Cheese^ ●●PB&B Bundle^** ◐Fish Shaped Crackers ●Potato Puffs ●Green Pepper Strips 	12 <ul style="list-style-type: none"> ●Taco Soup ●Grilled Chicken Nuggets ●●PBJ Bundle^** ◐Cornbread Loaf ◐Apple Delight ●Sweet Potatoes 	13 <ul style="list-style-type: none"> ●●Delivery Pizza# ●Tangerine Chicken over ◐Fried Rice ●●PBJ Bundle^** ◐Cheese Crackers ◐Brownie
16 <ul style="list-style-type: none"> ●●All American Burger ●Nacho Cheese Dip^ & ◐Tortilla Chips ●●PBJ Bundle^** ◐Choc. Crispy Rice Treat ●Refried Beans 	17 <ul style="list-style-type: none"> ●●Chicken Strips# ●●PBJ Bundle^** ◐Nacho Chips ◐Oatmeal Raisin Cookie ●Cheesy Broccoli Bites 	18 <ul style="list-style-type: none"> ●●Ball Park Frank ●●Rolled Beef Taco ●●PBJ Bundle^** ◐Fish Shaped Crackers ●Potato Puffs ●Green Pepper Strips 	19 <ul style="list-style-type: none"> ◐Chicken Noodle Soup ●Lil' Smokies~ ●●PBJ Bundle^** ◐Carrot Bun 	20 <p style="text-align: center;">Nonteaching Duty Day</p>
23 <p style="text-align: center;">District Inservice Day</p>	24 <ul style="list-style-type: none"> ●●Boneless Chicken Wings# ●●PBJ Bundle^** ◐Graham Sticks ◐Sun Chips ●Mashed Spuds & Gravy 	25 <ul style="list-style-type: none"> ●●Corny Corn Dog ●●Cheesy Fish Melt ●●PBJ Bundle^** ◐Fish Shaped Crackers ●Potato Puffs 	26 <ul style="list-style-type: none"> ●●Cheeseburger Rotini ●●Beef Fingers ●●PBJ Bundle^** ◐Cornbread Loaf ◐Chocolate Chip Cookie 	27 <ul style="list-style-type: none"> ●●Delivery Pizza# ●●All American Burger ●●PB&B Bundle^** ◐Cheese Crackers ●Black Grapes
30 <ul style="list-style-type: none"> ●●Macho Nachos^ ●●All American Burger ●●PBJ Bundle^** ◐Crispy Rice Treat ●Refried Beans 	31 <ul style="list-style-type: none"> ●●Chicken Strips# ●●PBJ Bundle^** ◐Berry Bread ●Cheesy Broccoli Bites ◐Holiday Cookie 	<div style="border: 2px solid red; padding: 5px; display: inline-block;"> **PBJ Bundle is a PBJ Sandwich & String Cheese **PB&B Bundle is a PB & Banana Sandwich & String Cheese </div>		
Daily Side Choices				
<ul style="list-style-type: none"> ●Beans ●Crispy Celery Sticks ●Mandarin Oranges ●Planetary Pears 	<ul style="list-style-type: none"> ●Hot Vegetable ●X-ray Vision Carrots ●Happy Apple Slices ●Pumped Up Pineapple 	<ul style="list-style-type: none"> ●Corn of Champions ●Cool As Cucumber Coins ●Outstanding Oranges ●Mixed Fruit 	<ul style="list-style-type: none"> ●Gallant Green Beans ●Crazy Cauliflower ●Banana-rama ●Awesome Applesauce 	<ul style="list-style-type: none"> ●Crinkled Cooked Carrots ●Rockin' Broccoli ●Radical Red Grapes ●Silly Sliced Peaches

The five components for menu planning are:
 ● Grains ● Protein ● Fruit ● Vegetable ● Milk

~Menu Subject to Change
 ^Meatless ~Pork #Options Available