



# OCTOBER MENU

BREAKFAST AND LUNCH IS FREE TO ALL ENROLLED STUDENTS!

ADULT BREAKFAST \$2.50

ADULT LUNCH \$4.25


A LA CARTE MILK \$0.40

\*ALL MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK\*

\*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.

\*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.

\*MENU IS SUBJECT TO CHANGE\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN.</p>	<p>STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED &amp; BOTH ARE ALLOWED.</p>		<p>1 WAFFLES TOPPED W/ STRAWBERRIES &amp; WHIPPED CREAM PIZZA CHOICE</p>
<p>4 WG CEREAL CHOICE HOTDOG &amp; TATER TOTS</p>	<p>5 MUFFIN &amp; SMOOTHIE BEEF TACO</p>	<p>6 CINNAMON ROLL SOUP, SALAD &amp; BREADSTICK</p>	<p>7 OVERNIGHT OATS POPCORN CHICKEN BOWL</p>	<p>8 PANCAKE SAUSAGE ON A STICK PIZZA CHOICE</p>
<p>11 <b>SCHOOL LUNCH WEEK</b> WG CEREAL CHOICE CRISPY CHICKEN BURGER &amp; POTATO WEDGES</p>	<p>12 APPLE CINNAMON OATMEAL TACO MAC &amp; CHEESE</p>	<p>13 FRUIT &amp; YOGURT PARFAIT BBQ PULLED PORK SANDWICH</p>	<p>14 WG CEREAL CHOICE CHILI &amp; CORNBREAD</p>	<p>15 PANCAKES TOPPED W/ BLUEBERRIES &amp; WHIPPED CREAM PIZZA CHOICE</p>
<p>18 WG CEREAL CHOICE CORNDOG &amp; TATER TOTS</p>	<p>19 BAGEL W/ CREAM CHEESE BEAN &amp; CHEESE QUESADILLA</p>	<p>20 DONUT &amp; SMOOTHIE HAMBURGER &amp; POTATO WEDGES</p>	<p>21 WG CEREAL CHOICE SPAGHETTI IN MEAT SAUCE</p>	<p>22 FRENCH TOAST W/ SYRUP ORANGE CHICKEN OVER STEAMED BROCCOLI &amp; RICE</p>
<p>25 <b>RED RIBBON WEEK</b> WG CEREAL CHOICE FISH STICKS &amp; RICE PILAF</p>	<p>26 CINNAMON APPLE EMPENADA BEEF &amp; CHEESE NACHOS</p>	<p>27 FRUIT &amp; YOGURT PARFAIT GRILLED CHEESE SANDWICH &amp; VEGETABLE SOUP</p>	<p>28 BISCUITS &amp; GRAVY PIZZA CHOICE</p>	<p>29 OVERNIGHT OATS MUMMY DOG &amp; WITCH FINGERS</p>

\*Junction Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our website at [www.junctionesd.net](http://www.junctionesd.net)