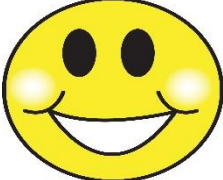



Monday	Tuesday	Wednesday	Thursday	Friday
 Smile Day October on 5th			Breakfast 1 Sausage, Egg & Cheese Croissant –28g Lunch Chicken Fettuccini Alfredo – 26g Garlic Toast – 17g OR Taco Salad – 41g Steamed Broccoli – 2g Fresh Vegetables – 5g Grapes – 10g 5	Breakfast 2 Apple Frudel Pastry – 36g Lunch <i>New</i> - Pig in a Blanket -36g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Peaches – 12g 1
Breakfast 5 Pop Tart & Hard-Boiled Egg – 31g Lunch Chicken Giggles -14g OR Yogurt, Cheese Stick & Bagel – 37g Potato Smiley Faces – 25g Fresh Vegetables – 5g Orange Smiles — 8g Put on Your Happy Face Cookie -27g 2	Breakfast 6 Pancake Wrapped Sausage Stick –18g Lunch Sloppy Joe – 30g OR Chef Salad – 40g Sweet Kale Salad – 19g Fresh Vegetables – 5g Pineapple – 15g 3	Breakfast 7 Muffin & Gogurt – 39g Lunch Pancakes & Sausage Links – 27g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Tots – 30g Fresh Vegetables – 5g Banana – 27g 4	Breakfast 8 Bacon, Egg & Cheese Biscuit – 30g Lunch Chili & Cinnamon Roll – 65g OR Salad with Egg & Cheese – 39g Fresh Vegetables – 5g Strawberries – 10g 5	Breakfast 9 French Toast Sticks – 36g Lunch Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> – Roasted Zucchini – 3g Fresh Vegetables – 5g Applesauce -12g 1
Breakfast 12 Cereal Bar & Hard-Boiled Egg – 31g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Pears – 12g 2	Breakfast 13 Sausage & Egg Tornado – 24g Lunch Italian Dunkers & Marinara Sauce 40g OR Crispy Chicken Salad – 41g House Salad – 5g Fresh Vegetables – 5g Apple Wedges– 8g 3	Breakfast 14 Mini Doughnuts & Gogurt– 34g Sack Lunch Ham & Cheese Sandwich – 30g OR Yogurt, Cheese Stick & Bagel –52g Fruitables Veggie Juice – 14g Fresh Vegetables -5g Mixed Fruit Cup – 15g 4	15	16
Breakfast 19 Pop Tart & Hard-Boiled Egg – 31g Lunch Orange Chicken over Rice -60g OR Yogurt, Cheese Stick & Bagel – 52g Edamame – 5g Fresh Vegetables – 5g Pineapple —15g 5	Breakfast 20 Pancake Wrapped Sausage Stick –18g Lunch Grilled Cheese -30g OR Chef Salad – 40g Steamed Carrots – 6g Fresh Vegetables -5g Tropical Fruit – 15g 1	Breakfast 21 Muffin & Gogurt – 39g Lunch Hot Dog – 29g OR Yogurt, Cheese Stick & Bagel – 52g Tater Tots – 17g Fresh Vegetables – 5g Orange Wedges – 8g 2	Breakfast 22 Bacon, Egg & Cheese Biscuit – 30g Lunch Spaghetti & Meat Sauce – 35g Garlic Toast – 17g OR Salad with Egg & Cheese – 39g Steamed Broccoli – 2g Fresh Vegetables – 5g Peaches -12g 3	Breakfast 23 Glazed Cinnamon Roll – 50g Lunch Crispy Chicken Sandwich-40g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables -5g Banana -27g 4
Breakfast 26 Cereal Bar & Hard-Boiled Egg – 31g Lunch Chicken Nuggets & Roll – 30g OR Yogurt, Cheese Stick & Bagel – 52g Baked Beans – 24g Fresh Vegetables – 5 g Strawberries – 10g 5	Breakfast 27 Sausage & Egg Tornado – 24g Lunch BBQ Pork on Bun – 54g OR Crispy Chicken Salad – 41g Sweet Kale Salad – 19g Fresh Vegetables – 5g Mandarin Oranges – 22g 1	Breakfast 28 Mini Doughnuts & Gogurt– 34g Sack Lunch Turkey & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Fresh Vegetables -5g Apple - 12g HALLOWEEN COOKIE  2	Breakfast 29 Sausage, Egg & Cheese Croissant –28g Lunch <i>New</i> - Pot Roast & Ciabatta Roll – 31g OR Taco Salad – 41g Mashed Potatoes & Gravy – 21g Fresh Vegetables – 5g Mixed Fruit-15g 3	Breakfast 30 French Toast Sticks – 36g Lunch French Bread Pizza—36g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> – Cucumber & Tomato Salad -4g Fresh Vegetables -5g Grapes -10g 4

Milk is served daily with breakfast and lunch. Students may choose milk from the following selections; skim white, skim chocolate, skim strawberry and 1% white. Fruit and juice are served daily with breakfast. Approximate grams of carbohydrates are listed for each menu item. For additional nutrition information contact Tracy Watsabaugh at 402-238-3044.

MENU IS SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.