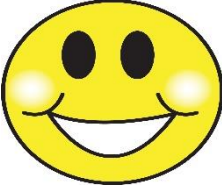



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Smile Day October on 5<sup>th</sup></b>			<b>Breakfast 1</b> Sausage, Egg & Cheese Croissant –28g <b>Lunch</b> Chicken Fettuccini Alfredo – 26g Garlic Toast – 17g OR Crispy Chicken Salad – 70g Steamed Broccoli – 2g Fresh Vegetables – 5g Grapes – 10g	<b>Breakfast 2</b> Apple Frudel Pastry – 36g <b>Lunch</b> <i>New</i> - Pig in a Blanket -36g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Peaches – 12g
<b>Breakfast 5</b> Pop Tart & Hard-Boiled Egg – 31g <b>Lunch</b> Chicken Giggles -14g OR Turkey & Swiss Hoagie – 30g Potato Smiley Faces – 25g Fresh Vegetables – 5g Orange Smiles — 8g Put on Your Happy Face Cookie -27g	<b>Breakfast 6</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Sloppy Joe – 30g OR Deli Club Hoagie – 30g Sweet Kale Salad – 19g Fresh Vegetables – 5g Pineapple – 15g	<b>Breakfast 7</b> Muffin & Gogurt – 39g <b>Lunch</b> Pancakes & Sausage Links – 27g OR Chef Salad – 56g Sweet Potato Tots – 30g Fresh Vegetables – 5g Banana – 27g	<b>Breakfast 8</b> Bacon, Egg & Cheese Biscuit – 30g <b>Lunch</b> Chili & Cinnamon Roll – 65g OR Salad with Egg & Cheese – 56g Fresh Vegetables – 5g Strawberries – 10g	<b>Breakfast 9</b> French Toast Sticks – 36g <b>Lunch</b> Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> – Roasted Zucchini – 3g Fresh Vegetables – 5g Applesauce -12g
<b>Breakfast 12</b> Cereal Bar & Hard-Boiled Egg – 31g <b>Lunch</b> Hamburger/Cheeseburger – 28g OR Italian Hoagie – 30g French Fries – 17g Fresh Vegetables – 5g Pears – 12g	<b>Breakfast 13</b> Sausage & Egg Tornado – 24g <b>Lunch</b> Italian Dunkers & Marinara Sauce 40g OR Yogurt, Cheese Stick & Bagel – 52g House Salad – 5g Fresh Vegetables – 5g Apple Wedges– 8g	<b>Breakfast 14</b> Mini Doughnuts & Gogurt– 34g <b>Sack Lunch</b> Turkey Bacon Hoagie – 30g Fruitables Veggie Juice – 14g Fresh Vegetables -5g Mixed Fruit Cup – 15g	<b>15</b>	<b>16</b>
<b>Breakfast 19</b> Pop Tart & Hard-Boiled Egg – 31g <b>Lunch</b> Orange Chicken over Rice -60g OR Turkey & Swiss – 30g Edamame – 5g Fresh Vegetables – 5g Pineapple —15g	<b>Breakfast 20</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Grilled Cheese -30g OR Deli Club Hoagie – 30g Steamed Carrots – 6g Fresh Vegetables -5g Tropical Fruit – 15g	<b>Breakfast 21</b> Muffin & Gogurt – 39g <b>Lunch</b> Hot Dog – 29g OR Taco Salad -30g Tater Tots – 17g Fresh Vegetables – 5g Orange Wedges – 8g	<b>Breakfast 22</b> Bacon, Egg & Cheese Biscuit – 30g <b>Lunch</b> Spaghetti & Meat Sauce – 35g Garlic Toast – 17g OR Salad with Egg & Cheese – 56g Steamed Broccoli – 2g Fresh Vegetables – 5g Peaches -12g	<b>Breakfast 23</b> Glazed Cinnamon Roll – 50g <b>Lunch</b> Crispy Chicken Sandwich - 40g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables -5g Banana -27g
<b>Breakfast 26</b> Cereal Bar & Hard-Boiled Egg – 31g <b>Lunch</b> Chicken Nuggets & Roll – 30g OR Italian Hoagie – 30g Baked Beans – 24g Fresh Vegetables – 5g Strawberries – 10g	<b>Breakfast 27</b> Sausage & Egg Tornado – 24g <b>Lunch</b> BBQ Pork on Bun – 54g OR Turkey Bacon Hoagie – 30g Sweet Kale Salad – 19g Fresh Vegetables – 5g Mandarin Oranges – 22g	<b>Breakfast 28</b> Mini Doughnuts & Gogurt– 34g <b>Sack Lunch</b> Ham & Cheese Sandwich – 30g Fruitables Veggie Juice – 14g Fresh Vegetables -5g Apple - 12g HALLOWEEN COOKIE 	<b>Breakfast 29</b> Sausage, Egg & Cheese Croissant –28g <b>Lunch</b> Beef Pot Roast & Ciabatta Roll – 31g OR Crispy Chicken Salad – 70g Mashed Potatoes & Gravy – 21g Fresh Vegetables – 5g Mixed Fruit-15g	<b>Breakfast 30</b> French Toast Sticks – 36g <b>Lunch</b> French Bread Pizza—36g OR Yogurt, Cheese Stick & Bagel – 52g <i>New</i> – Cucumber & Tomato Salad - 4g Fresh Vegetables -5g Grapes -10g

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.