

# Menus

**School:** Crab Orchard High School

**Academic Year:** 2018-19

**Meal:** All

**Month:** October 2018

October				
M	Tu	W	Th	F
1 <b>Breakfast:</b> Breakfast pizza or cereal with toast  <b>Lunch:</b> Cheeseburger french fries apple	2 <b>Breakfast:</b> French toast sticks, sausage link or cereal w/cheese stick  <b>Lunch:</b> Fiestada Pizza Corn Peaches	3 <b>Breakfast:</b> Biscuits w/gravy or Cereal w/yogurt  <b>Lunch:</b> Spaghetti salad garlic bread applesauce	4 <b>Breakfast:</b> Sausage egg and cheese biscuit or cereal w/poptart  <b>Lunch:</b> Chicken nuggets baked beans pineapple	5 <b>Breakfast:</b> Donut or muffin  <b>Lunch:</b> Bosco Cheese sticks marinara sauce carrot sticks w/dip oranges
8	9 <b>Breakfast:</b> Pancake on stick or cereal w/cheese  <b>Lunch:</b> Crispito salsa refried beans mandarin oranges	10 <b>Breakfast:</b> Cinnamon Roll or Cereal w/yogurt  <b>Lunch:</b> Meatloaf mashed potatoes green beans roll pears	11 <b>Breakfast:</b> Oatmeal w/toast or cereal w/nutrigrain bar  <b>Lunch:</b> Chicken Sandwich Cooked carrots pineapple	12 <b>Breakfast:</b> Donut or muffin  <b>Lunch:</b> Pizza Broccoli w/dip grapes teddy grahams
15 <b>Breakfast:</b> Breakfast pizza or cereal with toast  <b>Lunch:</b> Sloppy Joe potato wedges baked beans pears	16 <b>Breakfast:</b> Waffles w/sausage link or cereal w/muffin  <b>Lunch:</b> Taco Nachos corn salsa applesauce	17 <b>Breakfast:</b> Biscuits w/gravy or Cereal w/yogurt  <b>Lunch:</b> Toasted cheese chips cherry tomatoes w/dip peaches	18 <b>Breakfast:</b> Sausage and egg biscuit or cereal w/poptart  <b>Lunch:</b> Chicken Alfredo steamed broccoli pineapple	19 <b>Breakfast:</b> Donut or muffin  <b>Lunch:</b> Bosco cheese sticks marinara sauce carrots w/dip apples
22 <b>Breakfast:</b> Breakfast pizza or cereal with toast  <b>Lunch:</b> Corn Dogs fries oranges	23 <b>Breakfast:</b> French toast sticks w/sausage link or cereal w/muffin  <b>Lunch:</b> Chicken quesadilla corn salsa mixed fruit	24 <b>Breakfast:</b> Cinnamon Roll or Cereal w/yogurt  <b>Lunch:</b> BBQ sandwich baked beans strawberries	25 <b>Breakfast:</b> Oatmeal w/toast or cereal w/nutrigrain bar  <b>Lunch:</b> Chicken & Noodles peas & Carrots Roll Peaches	26 <b>Breakfast:</b> Donut or muffin  <b>Lunch:</b> Calzone Salad Applesauce
29 <b>Breakfast:</b> Breakfast pizza or cereal with toast  <b>Lunch:</b> Hot Dog Tater Tots Peaches	30 <b>Breakfast:</b> Pancakes w/sausage link or cereal w/muffin  <b>Lunch:</b> Taco Soup Frito chips pineapple	31 <b>Breakfast:</b> Biscuits w/gravy or Cereal w/yogurt  <b>Lunch:</b> Sub Sandwich carrot sticks w/dip orange applesauce cookie	1 <b>Breakfast:</b> Scrambled Eggs, sausage and toast or cereal w/poptart  <b>Lunch:</b> Chicken Strips mashed potatoes peas mixed fruit roll	2 <b>Breakfast:</b> Donut or muffin  <b>Lunch:</b> Pizza Broccoli w/dip grapes