

Menus

School: Crab Orchard High School

Academic Year: 2019-20

Meal: All

Month: October 2019

October				
M	Tu	W	Th	F
30 Breakfast: Breakfast sliders or cereal w/poptart Lunch: Cheese burger, french fries, pineapple	1 Breakfast: French toast sticks or cereal w/toast Lunch: Chicken Quesadilla, chips & salsa, mixed fruit, cookie	2 Breakfast: Biscuits & Gravy or cereal w/orange loaf Lunch: Turkey on pretzel bun, carrot sticks, apple, chips	3 Breakfast: Sausage biscuit or cereal w/yogurt Lunch: BBQ Chicken, Baked beans, cole slaw, peaches	4 Breakfast: Donut or Muffin Lunch: Bosco cheese sticks, marinara sauce, broccoli w/dip, oranges
7 Breakfast: Pancakes or cereal w/poptart Lunch: Hotdog, baked beans, chips, strawberries	8 Breakfast: Chicken waffle slider or cereal w/cheese stick Lunch: Taco Nachos, corn, Mixed fruit	9 Breakfast: Cinnamon Rolls or cereal w/nutrigrain bar Lunch: Cheesy rotini, salad, garlic bread, pears	10 Breakfast: Yogurt Parfait or cereal w/toast Lunch: Chicken sandwich, cooked carrots, pears, chips	11 Breakfast: Donut or Muffin Lunch: 1/2 Day - No lunch served
14	15	16	17	18
21 Breakfast: Cinnamon toast or cereal w/poptart Lunch: Corndogs, fries, pears	22 Breakfast: Pancakes w/sausage or cereal w/cheese sticks Lunch: Cheese sticks, baked beans, mixed berry cups	23 Breakfast: Biscuits w/gravy or cereal w/nutrigrain bar Lunch: Ravioli, steamed vegetables, garlic bread, pineapple	24 Breakfast: Scrambled eggs w/sausage and toast or cereal w/yogurt Lunch: Chicken nuggets, cooked carrots, mixed fruit, macaroni and cheese	25
28 Breakfast: Omelet w/bacon or uncrustable Lunch: Cheeseburger, french fries, strawberries	29 Breakfast: Oatmeal w/toast or cereal w/cheese stick Lunch: Taco Soup, frito chips, peaches	30 Breakfast: Cinnamon Roll or nutrigrain bar Lunch: Cheesy meatloaf, mashed potatoes, green beans, pears, roll	31 Breakfast: Pancake on a stick or cereal w/yogurt Lunch: Fiestada Pizza, carrot sticks w/dip, oranges, cookie	1