

MINGO COUNTY SCHOOLS – CHILD NUTRITION
PK-8 BREAKFAST/LUNCH MENU
OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel w/Cream Cheese/ Wowbutter/Jelly Fruit & Juice ----- Cheeseburger on WG Bun Lettuce & Tomato Potato Wedges Pork and Beans Pineapple Tidbits Milk	3 Pancake Sausage on a Stick Fruit & Juice ----- Chicken Teriyaki Nuggets Mashed Potatoes Steamed Peas Cheese Breadstick Peaches Milk	4 Chicken Slider Fruit & Juice ----- School Made Pizza Broccoli Parmesan Steamed Corn Yogurt Milk Pears Scooby Bones	5 Chocolate Muffin Yogurt Fruit & Juice ----- Spaghetti w/ Meat Sauce Caesar Salad w/Croutons Honey Carrot Coins Applesauce WW Hot Roll Milk	6 Egg Biscuit Fruit & Juice ----- Fish Sticks Macaroni & Cheese Cole Slaw Green Beans Mandarin Oranges Milk Jello with Fruit
9 Breakfast Wrap Fruit or Juice ----- Breaded Chicken on Bun Lettuce/Tomato Red Roasted Potatoes Pork and Beans Peaches Milk Scooby Bones	10 Peaches & Cream Dunkers Fruit & Juice ----- Chili w/ Beans Grilled Cheese Sandwich Caesar Salad Baked Potato w/Margarine Mandarin Oranges Milk	11 Sausage Biscuit Fruit & Juice ----- Flatbread Pizza Green Beans Honey Carrot Coins Yogurt Milk Fruit Cocktail	12 Breakfast Bread Yogurt Fruit & Juice ----- Beefaroni Broccoli Parmesan Steamed Corn WG Hot Roll Applesauce Milk	13 Breakfast Pizza Fruit & Juice ----- Breakfast for Lunch Sausage Eggs Biscuit Warm Apples Diced Potatoes Salsa Milk WG Toast Jelly
16 Grilled Cheese Fruit & Juice ----- Chicken Fries Potato Wedges California Blend Cheese Breadstick w/Marinara Pears Milk	17 MVP Breakfast & String Cheese Fruit & Juice ----- Steak & Gravy Mashed Potatoes Green Beans WG Hot Roll Peaches Milk	18 Fruit & Yogurt Parfait Chocolate Chex Mix Fruit & Juice ----- French Bread Pizza Steamed Corn Caesar Salad Fruit Cocktail Milk Yogurt	19 Berry Muffin w/String Cheese Fruit & Juice ----- Chicken & Noodles Broccoli Parmesan Honey Carrot Coins Cornbread Pineapple Milk	20 Ham & Cheese Croissant Fruit & Juice ----- Tacos/Taco Salad Lettuce, Tomato & Cheese Refried Beans Chips & Salsa Mandarin Oranges Milk
23 Faculty Senate	24 Strawberries and Cream Dunkers Fruit & Juice ----- Steak & Cheese Hoagie Lettuce & Tomato Quick Baked Potato Steamed Peas Milk Fruit Cocktail	25 Chicken Biscuit Fruit & Juice ----- Vegetable Beef Soup Grilled Cheese on WG Crackers Fresh Carrots w/Dip Fruit Crisp Milk	26 Breakfast Pastry & String Cheese Fruit & Juice ----- Pepperoni Roll Caesar Salad w/ Croutons Steamed Corn Pears Milk Yogurt	27 Pancake on a Stick Fruit & Juice ----- Chicken Fajitas Lettuce, Tomato & Cheese Refried Beans Tortilla Chips Salsa Mandarin Oranges Milk
30 Sausage Biscuit Fruit & Juice ----- Pepperoni Pizza Steamed Corn California Blend Peaches Milk Rice Crispy Treat	31 Breakfast Pizza Fruit & Juice ----- Hot Dog w/Chili Potato Wedges Baked Beans Peaches Milk Orange Sherbet	**** Breakfast choices include fresh fruit, fruit juice, milk, yogurt and cereal.	**** Lunch choices include milk, fresh fruits and vegetables on the salad bar.	

MENU ITEMS ARE ALWAYS SUBJECT TO AVAILABILITY. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."