

Southside


Breakfast/Lunch Menu

Breakfast Menu includes Daily: Fruit or Fruit Juice & Milk



October 2017

October 4th is Taste Washington Day
We will be serving locally grown fresh Apple Slices

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Salad Bar Tossed Salad, Dressing Fresh Cauliflower Kidney Beans Grown in Washington Apple	Salad Bar Tossed Salad, Dressing Fresh Broccoli Baby Corn Orange Smiles Pears	Salad Bar Tossed Salad, Dressing Carrot Sticks Green Peas Applesauce Cup	Salad Bar Tossed Salad, Dressing Celery Sticks Red Peppers LUNCH Banana	Salad Bar Tossed Salad, Dressing Fresh Cucumber Slices Cherry Tomatoes Garbanzo Beans Peaches
Oct 2 LUNCH Cheese Sticks w/Marinara Sauce Milk	Oct 3 LUNCH Hamburger on Whole Grain Bun Milk	Oct 4 LUNCH <u>TASTE WASHINGTON DAY</u> Baked BBQ Chicken Leg Whole Grain Dinner Roll Washington Grown Fresh Apple Slices Milk	Oct 5 LUNCH Pepperoni Pizza Rippers Milk	Oct 6 LUNCH Chicken Burger on a Whole Grain Bun Milk
BREAKFAST Cereal w/Nutrigrain Bar	BREAKFAST Breakfast Bagel	BREAKFAST Whole Grain Strawberry Pancakes	BREAKFAST Whole Grain French Toast Sticks	BREAKFAST Egg, Sausage & Cheese Sliders
Oct 9 LUNCH Burrito w/Salsa Milk	Oct 10 LUNCH Popcorn Chicken w/BBQ Sauce Milk	Oct 11 LUNCH Hot Dog on a Whole Grain Bun Milk	Oct 12 LUNCH Cheese Pizza Rippers Milk	Oct 13 LUNCH Chicken Burger on a Whole Grain Bun Milk
BREAKFAST Cereal w/Banana Muffin	BREAKFAST Pancake & Sausage on a Stick	BREAKFAST Oatmeal Chocolate Chip Breakfast Bar	BREAKFAST Cinnamon Glazed French Toast	BREAKFAST Breakfast Burrito
Oct 16 LUNCH Whole Grain Pretzel w/ Cheese Cup Milk	Oct 17 LUNCH Chicken Nuggets w/BBQ Sauce Milk	Oct 18 LUNCH Corn Dog Milk	Oct 19 LUNCH Pepperoni Pizza Rippers Milk	Oct 20 LUNCH Hamburger on a Whole Grain Bun Milk
BREAKFAST Cereal w/Apple Cinnamon Muffin	BREAKFAST Breakfast Bagel	BREAKFAST Whole Grain French Toast Sticks	BREAKFAST Breakfast Wrap	BREAKFAST Egg, Sausage & Cheese Sliders
Oct 23 LUNCH Cheese Sticks w/Marinara Sauce Milk	Oct 24 LUNCH Chicken Tenders w/BBQ Sauce Milk	Oct 25 LUNCH Hamburger Whole Grain Bun Milk	Oct 26 LUNCH Cheese Pizza Rippers Milk	Oct 27 LUNCH Chicken Burger on a Whole Grain Bun Milk <i>12:15 Early Release</i>
BREAKFAST Cereal w/Chocolate Chip Muffin	BREAKFAST Blueberry Mini Waffles	BREAKFAST Tony's Bacon Scramble	BREAKFAST Pancake & Sausage on a Stick	BREAKFAST Breakfast Burrito
Oct 30 LUNCH Burrito w/ Salsa Milk 11:30 Early Release	Oct 31 LUNCH Chicken Nuggets w/BBQ Sauce Milk 11:30 Early Release		BREAKFAST PRICES Student \$1.20 Reduced \$0.00 Adult \$1.70 LUNCH PRICES Student \$ 2.90 Reduced (K-3) \$.00 Reduced \$.40 Adult \$ 3.50 Milk \$.40	A Friendly Reminder Free and reduced meal applications are available throughout the year in all schools. Once an application has been approved, your child may participate in both the BREAKFAST & LUNCH meal programs. Be sure to contact us if you need assistance. 426-8437

This Institution is an equal opportunity provider.