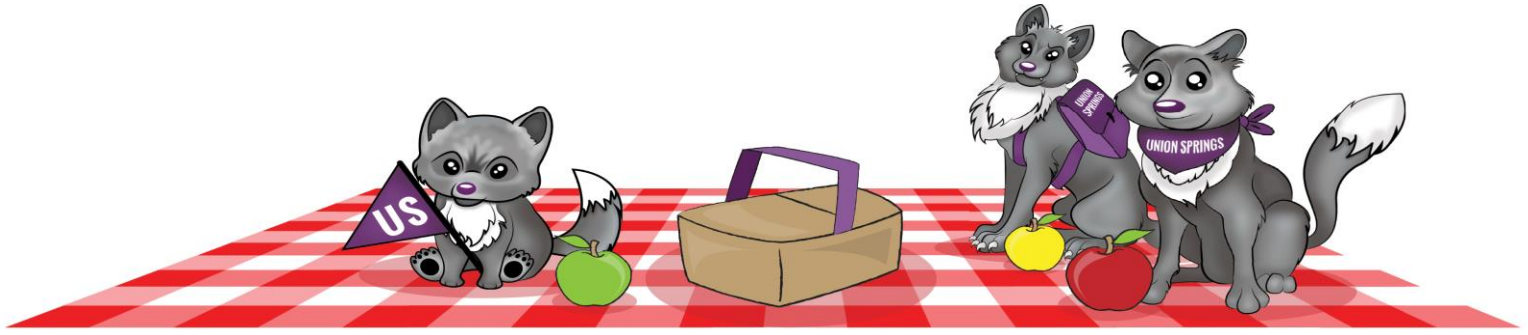


October



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Choices: 1% or Skim Milk Juice or fruit Choice of Bagel, Cereal, donut, Frudel or Mini Cinnis cresent	30 Sloppy Joe w/ Wheat Bun Broccoli Chilled or fresh fruit	1 Popcorn chicken w/ketchup Dinner Roll *W/ Rice Carrots Chilled or fresh fruit	2 ELEM Meatball Sub HS meatballs w/pizza sticks Savory Green Beans Chilled or fresh fruit	3 Turkey & Gravy over Mashed potatoes Corn Wheat Roll Chilled or Fresh Fruit	4 Beef Taco W Cheese & lettuce In wheat wrap Vegie Beans Chilled or fresh fruit
Breakfast Price: Paid - \$1.75/\$1.85 Reduced - \$.25 Lunch Price: Paid - \$2.25/\$2.35 Reduced - \$.25	7 Whole grain pizza Chopped Broccoli Chilled or Fresh Fruit	8 Bacon Cheeseburger with Ketchup on Wheat Bun Refried Vegetarian Beans Chilled or Fresh Fruit	9 Chicken Quesadilla & Salsa Carrots Chilled or Fresh Fruit	10 Whole Grain Fiesta Pasta with Meat Sauce Steamed Green Peas Chilled or Fresh Fruit	11 Crispy Fish Patty with Cheese on a Wheat Bun Corn /*Coleslaw Chilled or Fresh Fruit
Sandwich Choice Tuna, Turkey or PBJ with a Cheese Stick	14 NO SCHOOL Columbus Day	15 Beef & Gravy over Mashed Potatoes Garlicky Green Beans Wheat Roll Chilled or Fresh Fruit	16 BBQ Chicken on a Bun Sliced Carrots Chilled or Fresh Fruit	17 French Toast Sticks with Syrup Sausage Patty Potatoes Chilled or Fresh Fruit	18 Beef Enchilada with Cheese & Rice Refried Vegie Beans Chilled or Fresh Fruit
Extra Milk - \$.60 Extra Fruit or Veggie - \$.70 Ice Cream Cup - \$.60/.90	21 Chicken Patty *Chicken Parmesan on a Wheat Bun Steamed Broccoli Chilled or Fresh Fruit	22 Cheeseburger with Ketchup on Wheat Bun Black & veg bean Blackeyed peas & rice Chilled or Fresh Fruit	23 Deli Day Turkey & Ham W/ Cheese, Lettuce & Tomato on a Sub Roll Garlicy Green Beans Chilled or fresh fruit	24 Stuffed Crust Pizza Carrots Chilled or Fresh Fruit	25 Crispy Fish Patty with Cheese on a Wheat Bun Corn Chilled or Fresh Fruit
All Meals are Served with a Choice of Milk: 1% , Skim or Fat-Free Chocolate	28 Meat & Bean Chili w/cheese on tortilla chips fruit	29 Popcorn chicken w/ketchup Dinner Roll *W/ Rice Carrots & fruit	30 ELEM Meatball Sub HS meatballs w/pizza sticks Savory Green Beans Chilled or fresh fruit	31 Turkey & Gravy over Mashed potatoes Corn Wheat Roll Chilled or Fresh Fruit	1 Beef Taco W Cheese & lettuce In wheat wrap Vegie Beans Chilled or fresh fruit

DELI BAR TO GO! Freshly prepared sandwiches with assorted deli meats, cheese and accompaniments prepared daily on Whole Wheat Bread, Kaiser Roll or a Sub Roll. Also we have JULIENNE SALADS!

***At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.**

**School Will Vary in Options/Menus May Vary*

**If there is a delay in the start of school, breakfast will not be served.*

**If you have any concerns please contact Kathy Smith at (315) 889-4120.*

** Prepay by Using:*



Cash Or Checks Made Out to "USCS LUNCH FUND"

