# October 2016

## Auburn K-8 Menu





Breakfast includes cold cereal, toast, fruit and juice. Nonfat flavored or 1% unflavored milk is available at breakfast and lunch. Breakfast \$2.00 Lunch \$3.00 Adult Breakfast \$2.50 Adult Lunch \$3.65

10



Nutrition Tip: Keep sliced fruits in easily accessible containers in the refrigerator for a healthy snack or meal addition. Younger children are more likely to eat fruit if is cut up and easy to eat.



## Monday

## Breakfast Wrap Burrito **Cheesy Bread** Peppers/Tomatoes **Tator Tots Orange Slices**

**Pears** 

Muffin

Chicken Quesadilla

Hamburger

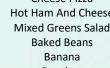
Mixed Greens Salad

French Fries

Kiwi or Pineapple

**Breakfast Wrap** 

NO SCHOOL



Tuesday

## Fruit/Yogurt Parfait Cheese Pizza Hot Ham And Cheese Mixed Greens Salad Peaches

## Eggs/Hashbrowns Bosco Stick Ravioli Broccoli/Cauliflower **Baked Beans**

## Fruit/Yogurt Parfait Cheese Pizza Chicken and Rice **Carrot Sticks** Green Beans

Orange Slices or Applesauce

Sugar Cookie

Pear or Mandarin Oranges

## Eggs/Hashbrowns Bosco Stick Fish Shapes Creamy Coleslaw **Mashed Potatoes Apple Slices** Pineapple

## Wednesday

## **Pancakes** Spaghetti/Breadstick Chicken Sandwich Carrot/Celery Sticks **Green Beans Apple Slices** Pineapple

**French Toast Sticks** Lasagna Pork Tenderloin Sandwich Salad With Cucumbers Carrots Banana or Peaches

#### **Pancakes** 19 **Nachos Grandes BBQ Pork Sandwich** Salad With Tomatoes **Baked Beans** Watermelon **Mandarin Oranges**

## **French Toast Sticks** Horseshoe Chicken Fajita Broccoli/Cauliflower Corn Banana Mandarin Oranges

## Thursday

## **Breakfast Bagel** Sliced Turkey/Breadstick Soft Taco Salad With Tomatoes **Mashed Potatoes** Grapes or Mixed Fruit Oatmeal Cookie

Waffles Chicken and Noodles Sloppy Joe Mixed Greens Salad Corn **Apple Slices or Pears Brownie** 

20 NO SCHOOL

## **Breakfast Bagel BBQ Chicken Wings** Chili/Crackers Peppers/Tomatoes **Oven Brown Potatoes Grapes or Pears**

Pumpkin Bar

## Tornado Turkey Bacon Flatbread 28 Taco In A Bag Salad With Tomatoes Green Beans Kiwi or Peaches

#### MANAGER'S CHOICE

## **Tornado** Grilled Cheese Sandwich Corn Dog Peppers/Tomatoes **Mashed Potatoes** Strawberries Mixed Fruit



#### NO SCHOOL

## Pork Rib Sandwich Chicken Nuggets **Red Pepper Strips** Carrots Pear Mixed Fruit

#### Muffin 31 Chicken Strips Ravioli **Breadstick** Carrot/Celery Sticks **Sweet Potato Fries** Orange Slices or Applesauce





