

October 2016

Auburn K-8 Menu

LUNCH



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



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 it is cut up and easy to eat.



Monday

Breakfast Wrap

Burrito
Cheesy Bread
Peppers/Tomatoes
Tator Tots
Orange Slices
Pears

3

Tuesday

Fruit/Yogurt Parfait

Cheese Pizza
Hot Ham And Cheese
Mixed Greens Salad
Baked Beans
Banana
Peaches

4

Wednesday

Pancakes

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

5

Thursday

Breakfast Bagel

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

6

Friday

MANAGER'S CHOICE

7

10

NO SCHOOL

Eggs/Hashbrowns

Bosco Stick
Ravioli
Broccoli/Cauliflower
Baked Beans
Pear or Mandarin Oranges

11

French Toast Sticks

Lasagna
Pork Tenderloin Sandwich
Salad With Cucumbers
Carrots
Banana or Peaches

12

Waffles

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

13

Tornado

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

14

Muffin

Chicken Quesadilla
Hamburger
Mixed Greens Salad
French Fries
Kiwi or Pineapple

17

Fruit/Yogurt Parfait

Cheese Pizza
Chicken and Rice
Carrot Sticks
Green Beans
Orange Slices or Applesauce
Sugar Cookie

18

Pancakes

Nachos Grandes
BBQ Pork Sandwich
Salad With Tomatoes
Baked Beans
Watermelon
Mandarin Oranges

19

NO SCHOOL

20

NO SCHOOL

21

Breakfast Wrap

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

24

Eggs/Hashbrowns

Bosco Stick
Fish Shapes
Creamy Coleslaw
Mashed Potatoes
Apple Slices
Pineapple

25

French Toast Sticks

Horseshoe
Chicken Fajita
Broccoli/Cauliflower
Corn
Banana
Mandarin Oranges

26

Breakfast Bagel

BBQ Chicken Wings
Chili/Crackers
Peppers/Tomatoes
Oven Brown Potatoes
Grapes or Pears
Pumpkin Bar

27

Tornado

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

28

Muffin

Chicken Strips
Ravioli
Breadstick
Carrot/Celery Sticks
Sweet Potato Fries
Orange Slices or Applesauce

31

