

BREAKFAST

MENU SUBJECT TO CHANGE

SERVED DAILY: 1% White or FF Flavored Milk / 100% Apple or Orange Juice

**OCTOBER 2021
CARDINAL CAFÉ**

**PK-12 – FREE
ADULT & 2ND MEALS-- \$2.75**

Monday

Tuesday

Wednesday

Thursday

Friday

**NO
SCHOOL**

4
MINI BAGELS
(OR)
CEREAL & POP-TART
Chilled Applesauce

5
BREAKFAST PIZZA
(OR)
CEREAL W/ TOAST
Chilled Mixed Fruit
Jelly

6
YOGERT, CHEESE STICK,
& GRANOLA
(OR)
CEREAL W/ TOAST
Chilled Peaches / Jelly

7
FRENCH TOAST w/ svrup
(OR)
CEREAL & TOAST
Chilled Pineapple
Jelly

8
EGGSTRAVAGANZA
w/ BISCUIT
(OR)
CEREAL & POP-TART
Chilled Pears / Jelly

11
**NO
SCHOOL**

12
BREAKFAST PIZZA
(OR)
CEREAL W/ POP-TART
Chilled Mixed Fruit
Jelly

13
PANCAKE on a STICK w/ svrup
(OR)
CEREAL & TOAST
Chilled Peaches
Jelly

14
OATMEAL & TOAST
(OR)
CEREAL & POP-TART
Chilled Pineapple
Jelly

15
GLAZED DONUT
(OR)
CEREAL & TOAST
Chilled Pears
Jelly

18
MINI BAGELS
(OR)
CEREAL & POP-TART
Chilled Applesauce

19
BREAKFAST PIZZA
(OR)
CEREAL W/ TOAST
Chilled Mixed Fruit
Jelly

20
YOGERT, CHEESE STICK,
& GRANOLA
(OR)
CEREAL W/ TOAST
Chilled Peaches / Jelly

21
FRENCH TOAST w/ svrup
(OR)
CEREAL & TOAST
Chilled Pineapple
Jelly

22
EGGSTRAVAGANZA
w/ BISCUIT
(OR)
CEREAL & POP-TART
Chilled Pears / Jelly

25
MINI WAFFLES w/ svrup
(OR)
CEREAL & POP-TART
Chilled Applesauce

26
BREAKFAST PIZZA
(OR)
CEREAL W/ TOAST
Chilled Mixed Fruit
Jelly

27
PANCAKE on a STICK w/ svrup
(OR)
CEREAL & TOAST
Chilled Peaches
Jelly

28
OATMEAL & TOAST
(OR)
CEREAL & POP-TART
Chilled Pineapple
Jelly

29
SLIMY OGAR RING
(Glazed Donut)
(OR)
SKELETON BONES & TOMBSTONES
(Cereal & Toast)
ZOMBIE TEETH (Pears)

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This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

SALAD: CHEF w/ HAM **4**

HOT DOG
Baked Fries
Pork & Beans
Chilled Mixed Fruit

H.S. Sloppy Joe on bun / Cookie

F.L.: BURRITO w/ Sun Chips **5**

SOFT BEEFY TACOS (2)
Pinto Beans / Spanish Rice
Lettuce & Tomato
Chilled Peaches

H.S. SOFT CHICKEN TACO (2)

SALAD: CHICKEN TENDER **6**

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Pineapple

H.S. HBURGER PIZZA / Apple Crisp

F.L. – CORNDOG w/ Sun Chips **7**

CHICKEN SPAGHETTI
Peas / Carrots
Garlic Stick
Chilled Pears

H.S. – MEATBALL SUB

SALAD: GRILLED CHICKEN **8**

BBQ PULLED PORK on bun
Cole Slaw
Baked Beans
Chilled Applesauce

H.S. CHICKEN on a bun / Cookie

NO SCHOOL **11**

F.L.: CHICKEN NUGGETS **12**

CHEESE NACHOS /w CHIPS
Pinto Beans
Steamed Broccoli
Chilled Peaches

H.S. – BEEFY NACHOS

SALAD: NO MEAT **13**

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple

H.S. – SPECIALTY PIZZA / Peach Crisp

F.L.: GRILLED CHEESE **14**

BAKED POTATO
Diced Ham / Cheese Cup /Butter
Sour Cream / Carrots w/ranch
Roll / Chilled Pears

H.S. BBQ PORK

SALAD: BEEF TACO **15**

CHEESEBURGER
Deli Salad / Baked Fries
Pork & Beans
Chilled Applesauce

H.S. Spicy Chicken on bun / Cookie

SALAD: CHEF w/ HAM **18**

CHICKEN NUGGETS
Mac & Cheese
Calif. Blend
Roll / Mixed Fruit

H.S. SLOPPY JOE on bun / Cookie

F.L.: BURRITO w/ Sun Chips **19**

FAJITA CHICKEN NACHOS /w CHIPS
Pinto Beans
Steamed Broccoli
Chilled Peaches

H.S. – BEEFY NACHOS /Chips

SALAD: POPCORN CHICKEN **20**

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Pineapple

H.S. HBURGER PIZZA / Apple Crisp

F.L. – CORNDOG w/Sun Chip **21**

BEEF SPAGHETTI
Peas / Carrots
Garlic Stick
Chilled Pears

H.S. – MEATBALL SUB

SALAD: GRILLED CHICKEN **22**

SLOPPY JOE
Baked Fries
Pork & Beans
Chilled Applesauce

H.S. Chicken on bun / Cookie

SALAD: CHEF w/ HAM **25**

STEAK FINGERS
Mashed Potatoes w/ gravy
Black Eye Peas
Cornbread / Mixed Fruit

H.S. SALISBURY STEAK / Cookie

F.L.: CHICKEN NUGGETS **26**

TATER TOT CASSAROLE
Veg. Blend
Side Salad
Chilled Peaches

H.S. BURRITO w/ Cheese Sauce

SALAD: NO MEAT **27**

PIZZA
(PEPPERONI OR CHEESE)
Corn / Green Beans
Side Salad / Pineapple

H.S. HBURGER PIZZA / Apple Crisp

F.L.: GRILLED CHEESE **28**

BAKED POTATO
Diced Ham / Cheese Cup /Butter
Sour Cream / Carrots w/ranch
Roll / Chilled Pears

H.S. BBQ PORK

SALAD: TACO BULLFROG **29**

FINGER IN A BUN (Hot Dog)
BAKED WORMS (Fries)
CHEESY BRAIN (Mac & Cheese)
GOBLIN DROOL (Applesauce)
H.S. CLUCK on bun

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