



# USD 112 Central Plains October 2018



<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p>1 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> WG Cereal, Sausage Patty, Pears, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Taco Burger/Bun, <b>Tortilla Chips (6-12)</b> Tomato Salsa, Dk Green Leaf Lettuce, Tomato Slice, Refried Beans, Fruit, Milk Choice</p>	<p>2 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Egg &amp; Biscuit Sandwich, Fresh Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Chicken Patty, WW Roll &amp; Honey, M Potatoes &amp; Gravy, Gr. Beans, Fruit, Milk</p>	<p>3 GnG Good Bun, Fruit, String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Star Spangled Pancakes, Sausage Patty, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Hot Ham &amp; Cheese Pockets, Potato Wedges, Broccoli Florets, Fruit, Milk</p>	<p>4 GnG WW Bagel w topping, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Bagel w Topping, Fresh Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Lasagna, Garlic Bread Stick w/ Marinara Sauce, Garden Salad, Chocolate Chip Cookie, Fruit, Milk</p>	<p>5 GnG WW Donut, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Pancake on a Stick, Fresh Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Pepperoni Pizza, Tossed Salad, Cherry Tomatoes, Orange, Fruit, Milk Choice</p>
<p>8 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> WG Cereal, Yogurt Cup, Fruit, Fruit Juice Choice, Milk Choice <b><u>LUNCH</u></b> Super Duper Nachos, Refried Beans, Gr. Beans, Fruit, Milk</p>	<p>9 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Biscuit &amp; Gravy, Fruit, Juice, Milk <b><u>LUNCH</u></b> Breadsticks w/ Tuscan Meat Balls in Marinara Sauce, Seasoned Corn, Tossed Salad, Fruit, Milk</p>	<p>10 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Scrumptious Coffeecake, Fruit, Fruit Juice Choice, Milk Choice <b><u>LUNCH</u></b> Cook's Special, Vegetable, Fruit, Milk</p>	<p>11 GnG WW Bagel w topping, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Ham &amp; Cheese Omelet Quesadilla w Salsa, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Macaroni &amp; Cheese <b>WW Bread &amp; Jelly</b>, Carrots, Fruit, Milk</p>	<p>12 GnG WW Cinnamon Bun, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> French Toast Sticks w Syrup, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Pulled Pork Sandwich, Creamy Cole Slaw, Baked Beans, Fresh Fruit, Fruit, Milk</p>
<p>15 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Waffles with Syrup, Fruit, Fruit Juice Choice, Milk Choice <b><u>LUNCH</u></b> Chicken Tetrizzini, Garlic Bread, Tossed Salad, Seasoned Peas, Fruit, Milk</p>	<p>16 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Breakfast Pizza, Fruit, Fruit Juice Choice, Milk Choice <b><u>LUNCH</u></b> Hamburger on a Bun, Dk Green Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Pepper Strips, Fruit, Milk</p>	<p>17 GnG Good Bun, Fruit, String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Whole Grain Cinnamon Roll, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Hearty Beef &amp; Noodles, Mashed Potatoes, Gr. Beans, <b>Bberrry Oat Muffin (6-12)</b> Fruit, Milk</p>	<p>18 GnG WW Bagel w topping, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Excellent Soft Egg Taco w Salsa, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Sloppy Joe on a Bun, Roasted Red Potatoes, Peas, Fruit, Milk</p>	<p><b>NO SCHOOL In Service</b></p>
<p>22 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> WG Cereal, String Cheese, Fruit, Fruit Juice, Milk Choice <b><u>LUNCH</u></b> Beef &amp; Bean Burrito, <b>Tortilla Chips (9-12)</b>, Tomato Salsa, Romaine &amp; Tomato, Mexican Corn, Fruit, Milk</p>	<p>23 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Biscuit &amp; Gravy, Fresh Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Country Style Beef Pattie, <b>WW Roll &amp; Jelly (6-12)</b>, Mashed Potatoes &amp; Gravy, Steamed Broccoli, Fruit, Milk</p>	<p>24 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Pancake on a Stick, Fresh Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Stromboli Squares, <b>Garlic Breadstick (9-12)</b>, Garden Salad, Baby Carrots, Fruit, Milk</p>	<p>25 GnG WW Bagel w topping, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Whole Grain Donut, Fruit, Fruit Juice Choice, Milk Choice <b><u>LUNCH</u></b> BBQ Beef on a bun, Peas, Baked Beans, Fruit Salad, <b>Royal Brownie (6-12)</b> Fruit, Milk Choice</p>	<p><b>NO SCHOOL Exchange Day</b></p>
<p>29 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Whole Grain Cinnamon Roll, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Fruit, Milk</p>	<p>30 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <b><u>BREAKFAST</u></b> Breakfast Bread, Fruit, Fruit Juice, Milk <b><u>LUNCH</u></b> Biscuits &amp; Gravy, <b>Sausage Patty (6-12)</b>, Peas, Hash Brown Patty, Fruit, Milk</p>	<p>31 GnG Good Bun, Fruit, String Cheese, Juice, Milk <b><u>BREAKFAST</u></b> Waffles w Syrup, Fruit, Fruit Juice Choice, Milk <b><u>LUNCH</u></b> Beef Pizza, Broccoli Florets, Baby Carrots, Fruit, Milk</p>	<p>USDA is an equal opportunity provider and employer.  Menu is subject to CHANGE</p>	<p><i>GnG - Grab and Go breakfast being served at CPMS (6-8), CPHS and Wilson (7-12) between 1st &amp; 2nd hour.</i></p>