

# October 2018

## St. George Municipal School Unit Breakfast & Lunch Menu

\*Menu is subject to change without notice.

**Prices:**  
Regular Breakfast \$1.00.  
Regular Lunch: \$2.65  
Staff Regular \$4.00.  
A La Carte \$2.00  
Adult Visitors \$5.00  
Extra Milk \$0.50

**Daily Lunch Alternatives:**  
Chef Salad w/ Whole Grain Bread  
Peanut Butter & Jelly Sandwich

**Sandwich of the Day:**  
Monday: Ham & Cheese  
Tuesday: Tuna  
Wednesday: Turkey & Cheese  
Thursday: Ham & Cheese  
Friday: Turkey & Cheese  
Gluten-Free Options Available  
Daily

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/1</b>	<b>10/2</b>	<b>10/3</b>	<b>10/4</b>	<b>10/5</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Grilled Cheese Sandwiches, Tomato Soup, Carrot Sticks, Pears, Milk.	Breakfast: Croissants, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Sloppy Joes on Whole Grain Roll, Steamed Carrots, Applesauce, Milk.	Breakfast: Apple Turnover, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hamburgers (Plain or w/ Cheese), Lettuce & Tomatoes, Peaches, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Turkey & Cheese Sandwiches on a Whole Grain Roll, Lettuce & Tomato, Celery Sticks, Hummus, Pineapple,	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Macaroni & Cheese, Whole Grain Biscuit, Green Peas, Mixed Fruit, Milk.
<b>10/8</b>	<b>10/9</b>	<b>10/10</b>	<b>10/11 (Italian Dinner Tonight!)</b>	<b>10/12</b>
<b>COLUMBUS DAY</b>	Breakfast: Chocolate Croissants, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Nachos w/ Meat & Cheese Sauce, Corn, Mixed Fruit, Milk.	Breakfast: French Toast Sticks, Cereals, Milk, Fresh Fruit, 100% Fruit Juice.  Lunch: Salad Bar, Whole Grain Rolls, Pineapple, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Nuggets, Pasta Salad, Broccoli, Apples, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hamburg or Cheese Pizza, Carrot Sticks, Hummus, Peaches, Milk.
<b>10/15</b>	<b>10/16</b>	<b>10/17</b>	<b>10/18</b>	<b>10/19</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Grilled Chicken Breast Sandwich on Whole Grain Bun, Green Beans, Watermelon, Milk.	Breakfast: Whole Grain Yeast Donuts, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chili w/ Frito Chips, Shredded Cheese, Corn, Applesauce, Milk.	Breakfast: Breakfast Pizza, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Cheesy Bread Sticks w/ Meat Dunker Sauce, Cucumbers, Peaches, Milk.	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Hot Dogs w/ Whole Grain Buns, Baked Beans, Tossed Salad, Peaches, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Pork w/ Gravy, Stuffing, Mashed Potatoes, Peas, Cranberry Sauce, Milk.
<b>10/22</b>	<b>10/23</b>	<b>10/24</b>	<b>10/25</b>	<b>10/26</b>
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Sweet & Sour Chicken over Brown Rice, Egg Rolls, Carrots, Melon, Milk.	Breakfast: Fruit Yogurt Cups, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: American Chop Suey, Garlic Bread, Garden Salad, Mixed Fruit, Milk.	Breakfast: Pancakes w/ Syrup, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Ham & Cheese Sandwiches on Whole Grain Rolls, Lettuce & Tomato,	Breakfast: Breakfast Sandwiches, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: French Toast w/ Syrup, Sausage Links, Hash Browns, Applesauce, Milk.	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Pepperoni or Cheese Pizza, Cucumbers, Watermelon, Milk.
<b>10/29</b>	<b>10/30</b>	<b>10/31 (HAPPY HALLOWEEN)</b>	<b>11/1</b>	<b>11/2</b>
<b>Grade 8 to Kieve</b>				
Breakfast: Breakfast Breads, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Meatball Subs on Whole Grain Bun, Steamed Broccoli, Kiwi, Milk.	Breakfast: Egg Omelets, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Shepard's Pie, Cole Slaw, Cantelope, Carrot Sticks, Hummus, Milk.	Breakfast: Apple Turnover, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Salad Bar, Whole Grain Rolls, Pineapple, Milk.	<b>NO SCHOOL (Teacher Workshop Day)</b>	Breakfast: Bagels, Cereals, Milk, Fresh Fruit, 100% Juice.  Lunch: Chicken Tenders, Brown Rice, Corn, Apples, Milk.

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