



USD 112 Central Plains October 2019



Mon	Tue	Wed	Thu	Fri
<p><i>GnG - Grab and Go breakfast is being served at CPHS and Wilson (7-12) between 1st & 2nd hour.</i></p>	<p>1 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Oatmeal Breakfast Round, Yogurt Cup, Fruit, Fruit Juice, Milk Choice <u>LUNCH</u> Super Duper Nachos, Refried Beans Green Beans, Mixed Fruit Cup, Milk</p>	<p>2 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> WW Bagel w Toppings, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Cook's Special, Vegetable, Fruit, Cookie, Milk</p>	<p>3 GnG WW Breakfast Pizza, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Pizza, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Pulled Pork Sandwich, Creamy Cole Slaw, Baked Beans, Fruit, Milk</p>	<p>4 GnG WW Cinnamon Bun ,Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Bread, Fruit, Fruit Juice, <u>LUNCH</u> Sweet & Sour Chicken Nuggets Seasoned Brown Rice, Vegetables, Cherry Tomatoes, Celery Sticks, Tropical Fruit, Milk</p>
<p>7 GnG Pop Tarts, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, String Cheese, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Chicken Trazzini, Garlic Bread, Tossed Salad, Seasoned Peas, Fruit, Milk Choice</p>	<p>8 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Pancake on a Stick, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Hamburger on a Bun, Dk Green Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Pepper Strips, Fruit, Milk</p>	<p>9 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Biscuit & Gravy, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Hearty Beef & Noodles, Mashed Potatoes, Gr Beans, Blueberry Oat Muffin, Fruit, Milk Choice</p>	<p>10 GnG WW Bagel w topping, Fruit, Juice, Milk <u>BREAKFAST</u> Sausage Breakfast Sandwich, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Grilled Chicken, Savory Rice, Oatmeal Roll & Jelly, Fresh Broccoli, Cherry Tomatoes, Fruit, Milk Choice</p>	<p>11 GnG WW Donut, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Whole Grain Donut, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Sloppy Joe on a Bun Roasted Red Potatoes, Peas, Fruit, Milk Choice</p>
<p>14 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> Whole Grain Cinnamon Roll, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Beef & Bean Burrito, Tortilla Chips (9-12), Tomato Salsa, Romaine & Tomato, Mexican Corn, Fruit, Milk</p>	<p>15 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Waffles w Syrup, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Stromboli Squares, Garlic Breadstick (9-12), Garden Salad, Baby Carrots, Fruit, Milk</p>	<p>16 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Breakfast Pizza, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> BBQ Beef on a Bun, Peas, Baked Beans, Summer Fruit Salad, Royal Brownie, Milk</p>	<p>17 GnG WW Breakfast Pizza, Fruit, Juice, Milk <u>BREAKFAST</u> Excellent Egg Soft Taco w Tomato Salsa, Graham Snacks, Fruit, Fruit Juice, Milk <u>LUNCH</u> Country Style Beef Pattie, WW Roll & Jelly, Mashed Potatoes & Gravy, Steamed Broccoli, Fruit, Milk</p>	<p>18 GnG WW Cinnamon Bun ,Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Breakfast Bread, Fruit, Fruit Juice, Milk <u>LUNCH</u> Turkey & Cheese Sub Sandwich, Dk Green Leaf Lettuce, Tomato Slice, Sweet Potato Fries, Fruit, Milk</p>
<p>GnG Pop Tarts, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> Waffles with Syrup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Pig in a Blanket, Roasted Red Potatoes, Broccoli w/Cheese, Fruit, Milk</p>	<p>22 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Egg & Biscuit Sandwich, with Tomato Salsa, Fruit, Fruit Juice, Milk <u>LUNCH</u> Spaghetti w/ Meat Sauce, Garlic Bread, Garden Salad, Green Beans, Fruit, Milk</p>	<p>23 GnG Good Bun, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cinnamon Roll, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Taco Salad, Tortilla Chips, & Tomato Salsa, Refried Beans, Cinnamon Puff, Fruit, Milk</p>	<p>24 NO SCHOOL Parent/Teacher Conferences</p>	<p>25 NO SCHOOL In-Service</p>
<p>28 GnG Breakfast Cookie, Fruit String Cheese, Juice, Milk <u>BREAKFAST</u> WG Cereal, Yogurt Cup, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Fruit, Milk</p>	<p>29 GnG WW Breakfast Bread, Yogurt, Fruit, Juice, Milk <u>BREAKFAST</u> Scrumptious Coffeecake, Fruit, Fruit Juice Choice, Milk Choice <u>LUNCH</u> Chicken Alfredo, Bread Sticks, Cherry Tomatoes, Cucumber Slices, Fruit, Milk</p>	<p>30 GnG Mini-Donuts, Fruit, String Cheese, Juice, Milk <u>BREAKFAST</u> Ham & Cheese Quesadilla , w Tomato Salsa, Fruit, Fruit Juice, Milk <u>LUNCH</u> Beef Pizza, Broccoli Florets, Baby Carrots, Fruit, Cookie, Milk</p>	<p>31 GnG WW Breakfast Pizza, Fruit, Juice, Milk <u>BREAKFAST</u> French Toast Sticks w Syrup, Fruit, Fruit Juice Choice, Milk <u>LUNCH</u> Biscuits & Gravy, Sausage Patty, Peas, Hash Brown Patty, Fruit, Milk</p>	<p>USDA is an equal opportunity provider and employer. Menu is subject to CHANGE</p>