

NEWELL SCHOOL MENU

Salad Bar Served Daily

OCT	BREAKFAST	LUNCH
Monday 5	BREAKFAST SLIDERS OR CEREAL FRESH FRUIT JUICE MILK	TANGERINE CHICKEN RICE STIR FRY VEGETABLES PINEAPPLE FRESH FRUIT MILK
Tuesday 6	CROISSANT SANDWICH OR CEREAL FRESH FRUIT JUICE MILK	CHILI CORNBREAD APPLESAUCE FRESH FRUIT MILK
Wednesday 7	FRENCH TOAST STICKS OR CEREAL FRESH FRUIT JUICE MILK	CHICKEN FRIED STEAK MASHED POTATES/GRAVY PEACHES FRESH FRUIT MILK
Thursday 8	BISCUITS AND GRAVEY SAUSAGE FRESH FRUIT JUICE MILK	MACARONI AND CHEESE CALIFORNIA BLEND TROPICAL FRUIT FRESH FRUIT MILK
FRIDAY 13	NEVER GET SO BUSY MAKING A LIFE THAT YOU FORGET TO MAKE A LIFE	

NON-DISCRIMINATION STATEMENT: In the operation of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age, or handicap. If you believe you have been discriminated against, write, to the secretary of agriculture, Wash, DC 20250

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OCT	BREAKFAST	LUNCH
Monday 12	BREAKFAST SANDWICH OR CEREAL FRESH FRUIT JUICE MILK	SPAGHETTI/MEAT SAUCE GARLIC TOAST PEARS FRESH FRUIT MILK
Tuesday 13	WAFFLE STICKS SAUSAGE PATTY FRESH FRUIT JUICE MILK	CHICKEN NUGGETS BRUSSEL SPROUTS MIXED FRUIT FRESH FRUIT MILK
Wednesday 14	PIZZA BAGEL OR CEREAL FRESH FRUIT JUICE MILK	HAMBURGER DELUXE WHOLE GRAIN BUN BAKED BEANS MANDARIN ORANGES FRESH FRUIT MILK
Thursday 15	YOGURT PARFAIT OR CEREAL FRESH FRUIT JUICE MILK	PIZZA CARROTS PINEAPPLE FRESH FRUIT MILK
FRIDAY 16	STOP BEING ASHAMED OF HOW MANY TIMES YOU'VE FALLEN, START BEING PROUD OF HOW MANY TIMES YOU'VE GOTTEN UP!	

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Monday 19	MUFFINS OR CEREAL FRESH FRUIT JUICE MILK	CHICKEN NOODLE SOUP CRACKERS APPLESAUCE FRESH FRUIT MILK
Tuesday 20	BREAKFAST STICK OR CEREAL FRESH FRUIT JUICE MILK	TATERTOT CASSEROLE DINNER ROLL PEAS TROPICAL FRUIT FRESH FRUIT MILK
Wednesday 21	BREAKFAST BURRITO OR CEREAL FRESH FRUIT JUICE MILK	PULLED PORK SANDWICH WHOLE GRAIN BUN GREEN BEANS PINEAPPLE FRESH FRUIT MILK
Thursday 22	FRENCH TOAST SAUSAGE PATTY FRESH FRUIT JUICE MILK	HOT DOG WHOLE GRAIN BUN BAKED BEANS PEACHES FRESH FRUIT MILK
FRIDAY 23	YOU ARE NOT A LOSER- UNTIL YOU QUIT TRYING!!!	

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Monday 26	MINI PANCAKES OR CEREAL FRESH FRUIT JUICE MILK	WALKING TACO WHOLE GRAIN CHIPS REFRIED BEANS APRICOTS FRESH FRUIT MILK
Tuesday 27	DONUTS OR CEREAL FRESH FRUIT JUICE MILK	CHICKEN PATTY SANDWICH WHOLE GRAIN BUN CORN MIXED FRUIT FRESH FRUIT MILK
Wednesday 28	APPLE PIE OATMEAL OR CEREAL FRESH FRUIT JUICE MILK	FINGER STEAKS POTATO WEDGES MANDARIN ORANGES FRESH FRUIT MILK
Thursday 29	OMELET WHOLE GRAIN TOAST FRESH FRUIT JUICE MILK	QUESADILLA GREEN BEANS & CARROTS PINEAPPLE FRESH FRUIT MILK
FRIDAY 30	STOP BEING AFRAID OF WHAT COULD GO WRONG AND START BEING EXCITED ABOUT WHAT COULD GO RIGHT	

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