



# OCTOBER 2018

## CANNON FALLS AREA SCHOOLS BREAKFAST & LUNCH MENU

This is an equal opportunity employer

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u><b>Muffin or Cereal</b></u> 1</p> <p>Chicken Patty on a Bun California Blend Veggies Lettuce Salad Peaches</p> <p>Day 2</p>	<p><u><b>French Toast</b></u> 2</p> <p>Rice Hot Dish Cheese Stick Bread Stick Peas Orange</p> <p>Day 3</p>	<p><u><b>Breakfast Sandwich</b></u> 3</p> <p>Mr Ribb on a Bun Cole Slaw Mixed Veggies Pears</p> <p>Day 4</p>	<p><u><b>Egg Omelet &amp; Toast</b></u> 4</p> <p>Beef Nachos w/Fixings Lettuce Salad Rosie Applesauce</p> <p>Day 1</p>	<p><u><b>Bagel</b></u> 5</p> <p>Max Stix w/Sauce Veggie Tray Side Kick</p> <p>Day 2</p>
<p><u><b>Breakfast Pizza</b></u> 8</p> <p>Pizza Green Beans Lettuce Salad Pineapple</p> <p>Day 3</p>	<p><u><b>Pancakes</b></u> 9</p> <p>Popcorn Chicken w/ Rice Oriental Blend Veggies Lettuce Salad Mandarin Oranges</p> <p>Day 4</p>	<p><u><b>Cereal</b></u> 10</p> <p>Macaroni &amp; Cheese Broccoli Lettuce Salad Mixed Fruit <b>EARLY RELEASE</b></p> <p>Day 1</p>	<p><u><b>Muffin or Cereal</b></u> 11</p> <p>Sloppy Joe on a Bun Pickles Lettuce Salad Pears</p> <p>Day 2</p>	<p><u><b>Cereal</b></u> 12</p> <p>Hot Dog w/Fixings Lettuce Salad Veggie Tray Chips Apple</p> <p>Day 3</p>
<p><u><b>Cereal</b></u> 15</p> <p>Meatball Sub w/Fixings Cauliflower Lettuce Salad Mandarin Oranges</p> <p>Day 4</p>	<p><u><b>Banana Bread</b></u> 16</p> <p>Soft Shell Beef Tacos With Fixings Mexican Rice Fresh Fruit</p> <p>Day 1</p>	<p><u><b>Breakfast Sandwich</b></u> 17</p> <p>Corn Dog Veggie Tray Lettuce Salad Side Kick</p> <p>Day 2</p>	<p><b>NO SCHOOL</b> 18</p> 	<p><b>NO SCHOOL</b> 19</p> 
<p><u><b>Muffin Or Cereal</b></u> 22</p> <p>BBQ Chicken Sandwich Winter Blend Veggies Peaches</p> <p>Day 3</p>	<p><u><b>French Toast</b></u> 23</p> <p>Spaghetti Garlic Toast Cottage Cheese Spinach / Fresh Fruit</p> <p>Day 4</p>	<p><u><b>Breakfast Sandwich</b></u> 24</p> <p>Hot Ham &amp; Cheese Broccoli Lettuce Salad Applesauce</p> <p>Day 1</p>	<p><u><b>Fred Bar</b></u> 25</p> <p>Roasted Turkey Sandwich Lettuce Salad Candied Carrots Pears</p> <p>Day 2</p>	<p><u><b>Bagel</b></u> 26</p> <p>Fish Sandwich Cole Slaw Baked Beans Fresh Fruit</p> <p>Day 3</p>
<p><u><b>Breakfast Pizza</b></u> 29</p> <p>Hamburger on a Bun Baked Beans Lettuce Salad Pickles</p> <p>Day 4</p>	<p><u><b>Pancakes</b></u> 30</p> <p>Pizza Burger Lettuce Salad Mixed Vegetables Pears</p> <p>Day 1</p>	<p><u><b>Breakfast Sandwich</b></u> 31</p> <p>Augratin Potatoes w/Ham Mixed Vegetables Oranges Yogurt / Bread</p> <p>Day 2</p>	<p>All meals are subject to change and include milk choice of chocolate, 1%, skim or lactaid</p> <p>All breakfasts include juice and fruit. Cereal is available each day as an entrée choice.</p>	
<p>Meal Prices: Student Breakfast \$1.70 Adult/Guest breakfast \$2.40 PreK-5<sup>th</sup> grade lunch \$2.50 6-12 grade lunch \$2.60 Adult/Guest Lunch \$4.00 Milk only/extra \$0.55</p>				

DAILY ON THE LUNCH LINE: ALTERNATE ENTRÉE = MEAT & CHEESE SANDWICH. An assortment of fruits and vegetables is also available.