



OCTOBER 2017

CANNON FALLS AREA SCHOOLS BREAKFAST & LUNCH MENU

"This is an equal opportunity employer"

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Cereal Bar</u> 2</p> <p>Beef Nachos w/Fixings Lettuce Salad Applesauce</p> <p style="text-align: right;">Day 4</p>	<p><u>Breakfast Sandwich</u> 3</p> <p>Scalloped Potatoes & Ham Mixed Vegetables Lettuce Salad Yogurt / Bread Orange</p> <p style="text-align: right;">Day 1</p>	<p><u>Sausage on a Stick</u> 4</p> <p>Pizza Burger Lettuce Salad Veggie Tray Grapes</p> <p style="text-align: right;">Day 2</p>	<p><u>Breakfast Wrap</u> 5</p> <p>Chicken Sandwich Lettuce Salad Mixed Vegetables Peaches</p> <p style="text-align: right;">Day 3</p>	<p><u>Bagel</u> 6</p> <p>Corn Dog Veggie Tray Lettuce Salad Sherbet</p> <p style="text-align: right;">Day 4</p>
<p><u>Cereal & Sausage</u> 9</p> <p>Pizza Green Beans Lettuce Salad Pineapple</p> <p style="text-align: right;">Day 1</p>	<p><u>Pancakes</u> 10</p> <p>Goulash Hotdish String Cheese Lettuce Salad / Peas Peaches Bread</p> <p style="text-align: right;">Day 2</p>	<p><u>Cereal</u> 11</p> <p>Sloppy Joe & Pickles Glazed Carrots Lettuce Salad Chips / Fresh Fruit EARLY RELEASE</p> <p style="text-align: right;">Day 3</p>	<p><u>Breakfast Sandwich</u> 12</p> <p>Grilled Chicken Sandwich Roasted Potatoes Lettuce Salad Tropical Fruit</p> <p style="text-align: right;">Day 4</p>	<p><u>Bagel</u> 13</p> <p>Quesadilla w/Fixings Black Bean Salsa Side Kick</p> <p style="text-align: right;">Day 1</p>
<p><u>Cereal Bar</u> .16</p> <p>Roast Beef Sandwich w/Cheese California Blend Veggies Lettuce Salad Chips / Mandarin Oranges Conferences</p> <p style="text-align: right;">Day 2</p>	<p><u>Breakfast Sandwich</u> 17</p> <p>Chicken Fajita w/Fixings Mexican Rice Applesauce Cookie Conferences</p> <p style="text-align: right;">Day 3</p>	<p><u>Cereal</u> 18</p> <p>Italian Dunker w/Sauce Lettuce Salad Veggie Tray Sherbet</p> <p style="text-align: right;">Day 4</p>	<p>NO SCHOOL 19</p> 	<p>NO SCHOOL 20</p> 
<p><u>Muffin</u> 23</p> <p>Hamburger w/Cheese Baked Beans Lettuce Salad Pickles / Pears</p> <p style="text-align: right;">Day 1</p>	<p><u>French Toast</u> 24</p> <p>Chili and Cinnamon Roll Lettuce Salad Crackers / Cheese Stick Mixed Fruit</p> <p style="text-align: right;">Day 2</p>	<p><u>Breakfast Pizza</u> 25</p> <p>Chicken BBQ Sandwich Roasted Vegetables Lettuce Salad Peaches</p> <p style="text-align: right;">Day 3</p>	<p><u>Breakfast Sandwich</u> 26</p> <p>Baked Spaghetti Cottage Cheese Spinach / Garlic Toast Fresh Fruit</p> <p style="text-align: right;">Day 4</p>	<p><u>Bagel</u> 27</p> <p>Hot Ham & Cheese on a Bun Broccoli Lettuce Salad Juice Bar</p> <p style="text-align: right;">Day 1</p>
<p><u>Cereal Bars</u> 30</p> <p>Chicken Nuggets Mashed Potatoes Corn / Dinner Roll Peaches</p> <p style="text-align: right;">Day 2</p>	<p><u>Pancakes</u> 31</p> <p>Meatball Sub w/Fixings Cole Slaw / Lettuce Salad Pears</p> <p style="text-align: right;">Day 3</p>	<p>DAILY ON THE LUNCH LINE:</p> <p>ALTERNATE ENTRÉE = MEAT & CHEESE SANDWICH</p> <p>An assortment of fruits and vegetables is also available</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:</p> <p>Student Breakfast \$1.60 Adult/Guest breakfast \$2.30 PreK-5th grade lunch \$2.40 6-12 grade lunch \$2.50 Adult/Guest Lunch \$3.90 Milk only/extra \$0.55</p>