



# OCTOBER

Plaza Elementary School District



## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bars OR Bagel Yogurt Fresh Fruit Juice & Milk	Eggs Potatoes & Toast OR Cereal Yogurt Fresh Fruit Juice & Milk	Pirate Pizza OR Muffin Yogurt Fresh Fruit Juice & Milk	Breakfast Burritos OR Cereal Yogurt Fresh Fruit Juice & Milk	Frittata Bites or Banana Bread Yogurt Fresh Fruit Juice & Milk

## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <ul style="list-style-type: none"> <li>Beef Taquitos</li> <li>Black beans</li> <li>Fruit</li> <li>Milk</li> </ul>	2 <ul style="list-style-type: none"> <li>Meatball Subs</li> <li>Broccoli</li> <li>Fruit</li> <li>Milk</li> </ul>	3 <ul style="list-style-type: none"> <li>Ham &amp; Cheese Sandwich</li> <li>Mix salad</li> <li>Fruit</li> <li>Milk</li> </ul>
6  NO SCHOOL	7  NO SCHOOL	8  NO SCHOOL	9  NO SCHOOL	10  NO SCHOOL
13 <ul style="list-style-type: none"> <li>Orange Chicken</li> <li>Rice</li> <li>Broccoli</li> <li>Fruit</li> <li>Milk</li> </ul>	14 <ul style="list-style-type: none"> <li>Chili With Beans</li> <li>Dinner Roll</li> <li>Corn</li> <li>Fruit</li> <li>Milk</li> </ul>	15 <ul style="list-style-type: none"> <li>Chicken Egg Roll</li> <li>Broccoli</li> <li>Fruit</li> <li>Milk</li> </ul>	16 <ul style="list-style-type: none"> <li>Baked Pasta</li> <li>Cauliflower</li> <li>Fruit</li> <li>Milk</li> </ul>	17 <ul style="list-style-type: none"> <li>Teriyaki Chicken</li> <li>Rice</li> <li>Carrot Sticks</li> <li>Fruit</li> <li>Milk</li> </ul>
20 <ul style="list-style-type: none"> <li>Corn Dogs</li> <li>Tots</li> <li>Fruit</li> <li>Milk</li> </ul>	21 <ul style="list-style-type: none"> <li>Cottage Pie</li> <li>Dinner Roll</li> <li>Green Beans</li> <li>Fruit</li> <li>Milk</li> </ul>	22 <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Carrot Sticks</li> <li>Fruit</li> <li>Milk</li> </ul>	23 <ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Black Beans</li> <li>Fruit</li> <li>Milk</li> </ul>	24 <ul style="list-style-type: none"> <li>Grilled Cheese</li> <li>Mixed Salad</li> <li>Fruit</li> <li>Milk</li> </ul>
27 <ul style="list-style-type: none"> <li>Mac and Cheese</li> <li>Cauliflower</li> <li>Fruit</li> <li>Milk</li> </ul>	28 <ul style="list-style-type: none"> <li>Taco</li> <li>Refried Beans</li> <li>Fruit</li> <li>Milk</li> </ul>	29 Minimum Day <ul style="list-style-type: none"> <li>Chicken Sandwich</li> <li>Fries</li> <li>Fruit</li> <li>Milk</li> </ul>	30 <ul style="list-style-type: none"> <li>Spaghetti</li> <li>Green Beans</li> <li>Fruit</li> <li>Milk</li> </ul>	31 <ul style="list-style-type: none"> <li>Pop Corn</li> <li>Chicken</li> <li>Mashed Potatoe</li> <li>Fruit</li> <li>Milk</li> </ul>

Variety milk and fruits served daily at Breakfast & Lunch

\*Menus are subject to change.\*

Salad bar available Mon-Thurs.

Plaza Elementary is an Equal Opportunity Provider