

HS Breakfast October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Cereal Toast Juice Milk	2 Long John Juice Milk	3
4	5 French Toast Sticks Sausage patty Juice Milk	6 Scamble eggs with Ham Toast, Juice Milk	7 Biscuit /Sausage gravy Juice Milk	8 Cereal Toast Juice Milk	9 NO SCHOOL St. Clair County Teacher Institute	10
11	12 NO SCHOOL Columbus Day	13 Scamble eggs Sausage patty Toast, Juice Milk	14 Biscuit /Sausage gravy Juice Milk	15 Cereal Toast Juice Milk	16 Long John Juice Milk	17
18	19 Sausage & Cheese Biscuit Juice Milk	20 Scamble eggs with Ham Toast, Juice Milk	21 Biscuit /Sausage gravy Juice Milk	22 Cereal Toast Juice Milk	23 NO SCHOOL Parent / Tachers Conferences	24
25	26 Sausage, egg & Cheese rolled Breakfast Quesadilla Juice Milk	27 Scamble eggs Sausage patty Toast, Juice Milk	28 Biscuit /Sausage gravy Juice Milk	29 Cereal Toast Juice Milk	30 Long John Juice Milk	31 Halloween

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HS/JH Lunch October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken Nuggets Mashed Potatoes Gravy, Corn, Green Beans, Butter Bread Cake, Milk	2 Cheeseburger Nachos w/cheese Green Beans Pineapple, Milk	3
4	5 Ham & Cheese Sandwich Fries Corn Peaches, Milk	6 Taco Salad Tater Tots Apple crisp Milk	7 Pizza Lettuce salad Mandarin Oranges Milk	8 BBQ Chicken Mashed Potatoes Gravy, Corn, Green Beans, Butter Bread Cake, Milk	9 NO SCHOOL St. Clair County Teacher Institute	10
11	12 NO SCHOOL Columbus Day	13 Chicken Sandwich Fries Corn Milk	14 Spaghetti Meat sauce Lettuce Salad Bosco Stick Pineapple, Milk	15 Cube Steak in gravy Mashed Potatoes Gravy, Corn, Green Beans, Butter Bread Cake, Milk	16 Fish Sandwich Macaroni & Cheese Peas Milk	17
18	19 BBQ rib on bun Fries Corn, Mandarin Oranges, Milk	20 Chilli w/meat & Beans, Peanut Butter Sandwich Carrot sticks w/ranch dressing, Milk	21 Hot dog on bun Tater tots Baked beans Pineapple, Milk	22 Turkey in gravy Mashed Potatoes Gravy, Corn, Green Beans, Butter Bread Pumpkin pie, Milk	23 NO SCHOOL Parent / Tachers Conferences	24
25	26 Grilled Cheese Chicken Noodle soup Carrots Applesauce Milk	27 Taco Salad Tater Tots Cinnamon apples Milk	28 Mini Corn Dogs Twice baked potatoes Peas, Mandarin oranges Milk	29 Fried Chicken Mashed Potatoes Gravy, Corn, Green Butter bread, Cake Milk	30 Cheeseburger Fries Corn Peaches, Milk	31 Halloween
					Notes:	

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