

# EAST SAC COUNTY CSD

## OCTOBER 2018

### MS & HS MENU



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<p>1 WG Egg wrap OR cereal</p> <p>Cream chicken o/WG biscuit, cottage cheese, peas, mixed fruit</p>	<p>2 WG Biscuit &amp; gravy OR cereal</p> <p>WG Corn dogs, green beans, salad, baked bean, mandarin oranges</p>	<p>3 WG Breakfast pizza OR cereal</p> <p>WG Pizza, corn, peaches, jello-cup</p>	<p>4 French toast OR cereal</p> <p>WG Chicken poppers, hash brown, strawberries</p>	<p>5 WG Long john OR cereal</p> <p>WG Breaded pork sandwich on WG bun, chips, apples</p>
<p>8 Egg, hash brown OR cereal</p> <p>Crispito w/fixings, cottage cheese, corn, applesauce, sports crackers</p>	<p>9 WG Biscuits &amp; gravy OR cereal</p> <p>Tator tot casserole, green beans, peaches, WG dinner roll (croutons)</p>	<p>10 WG Breakfast bar OR cereal</p> <p>Hamburger on WG bun, fries, humus, pears</p>	<p>11 Pancakes OR cereal</p> <p>WG Pizza dippers, broccoli, cottage cheese, peaches</p>	<p>12 Strudel stick OR cereal</p> <p>Meatballs, mashed potato, peas, pineapple, WG dinner roll, croutons</p>
<p>15 NO SCHOOL</p>	<p>16 WG Biscuits &amp; gravy OR cereal</p> <p>WG Orange chicken o/rice, mandarin oranges, cookie</p>	<p>17 Muffin toppers OR cereal</p> <p>Chicken fajitas, fried rice, w/fixings, corn, applesauce</p>	<p>18 Scrambled eggs OR cereal</p> <p>Maid rite on WG bun, broccoli, choc cupcake day</p>	<p>19 WG Long john OR cereal</p> <p>Deli sandwich on WG bun, chips, pears</p>
<p>22 Scramble egg/bacon OR cereal</p> <p>Scalloped potato/ham, peas, peaches, cottage cheese, WG dinner roll (croutons)</p>	<p>23 WG Biscuits &amp; gravy OR cereal</p> <p>Chili, WG crackers, pears, go-gurt, cinnamon roll</p>	<p>24 WG Breakfast pizza OR cereal</p> <p>Hot dog on WG bun, baked beans, chips, sherbert</p>	<p>25 WG Waffle sticks OR cereal</p> <p>WG Chicken patty on WG bun, hash brown, mandarin oranges</p>	<p>26 WG Long john OR cereal</p> <p>Salisbury steak, mashed potato, pineapple, WG dinner roll, croutons</p>
<p>29 Egg omelet OR cereal</p> <p>Hot ham/cheese, fries, strawberries</p>	<p>30 WG Biscuits &amp; gravy OR cereal</p> <p>WG Chicken strips, hash brown, pears</p>	<p>31 WG Breakfast bar OR cereal</p> <p>Spooooogetti, green beans, cottage cheese, mixed fruit, broom stick</p>	<p><b>MENU IS SUBJECT TO CHANGE</b></p>	
<p>Breakfast includes: Toast, milk, juice, assorted fruits and yogurt.</p> <p>WG - Whole Grain</p>	<p>Dinner includes: Milk, salad bar, fruit and veggies</p>	<p><b>This Institution is an equal opportunity provider.</b></p>		



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