

East Sac County CSD

October 2017

MS & HS Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 WG Egg Wrap OR cereal</p> <p>Cream chicken o/WG biscuit, peas, mixed fruit, (salad bar)</p>	<p>3 WG Biscuit & gravy OR cereal</p> <p>WG Breaded pork sandwich on WG bun, chips, baked bean, strawberries, (salad bar)</p>	<p>4 WG Breakfast pizza OR cereal</p> <p>Chicken fajitas w/fixings, fried rice, applesauce, (salad bar)</p>	<p>5 French toast bread OR cereal</p> <p>Mr. Rib, mashed potato, peas, pineapple, WG dinner roll (salad bar-cROUTONS)</p>	<p>6 WG Long john OR cereal</p> <p>WG Pizza dippers w/ sauce, corn, cottage cheese, peaches (salad bar)</p>
<p>9 Egg, hash brown OR cereal</p> <p>Crispito w/fixings, corn, applesauce, sports crackers (salad bar)</p>	<p>10 WG Biscuits & gravy OR cereal</p> <p>Tator tot casserole, green beans, pineapple, WG dinner roll (salad bar-cROUTONS)</p>	<p>11 WG Breakfast bar OR cereal</p> <p>Hamburger o/ WG bun, fries, humus, mixed fruit (salad bar)</p>	<p>12 Pancakes, s sausage OR cereal</p> <p>WG Chicken strips, hash brown, mandarin oranges, (salad bar)</p>	<p>13 WG Long john OR cereal</p> <p>WG Chicken fried steak, mashed potato, peas, pineapple, WG dinner roll (salad bar)</p>
<p>16 NO SCHOOL</p>	<p>17 WG Biscuits & gravy OR cereal</p> <p>WG Orange chicken o/rice, mandarin oranges, cookie (salad bar)</p>	<p>18 Muffin toppers OR cereal</p> <p>WG Pizza, corn, cottage cheese, peaches, ice cream (salad bar)</p>	<p>19 Scramble Eggs OR cereal</p> <p>Maid rite on WG bun, green beans, chips, fruit snack (salad bar)</p>	<p>20 WG Long john OR cereal</p> <p>Salisbury steak, mashed potato, peas, pineapple, WG dinner roll (salad bar)</p>
<p>23 WG Egg boat OR cereal</p> <p>Scalloped potato/ham, peas, peaches, cottage cheese, WG dinner roll (salad bar-cROUTONS)</p>	<p>24 WG Biscuits & gravy OR cereal</p> <p>Chili, WG crackers, pears, cinnamon roll (salad bar)</p>	<p>25 WG Breakfast pizza OR cereal</p> <p>Hot dog on WG bun, baked beans, chips, fruit snack (salad bar)</p>	<p>26 WG Waffle sticks OR cereal</p> <p>WG Chicken patty on WG bun, hash brown, mandarin oranges, (salad bar)</p>	<p>27 WG Long john OR cereal</p> <p>Taco in a bag w/fixings, corn, applesauce (salad bar)</p>
<p>30 Egg omelet OR cereal</p> <p>Spoooghetti, green beans, cottage cheese, mixed fruit, broom stick (salad bar)</p>	<p>31 WG Biscuits & gravy OR cereal</p> <p>WG Chicken nugget, mashed potato, pineapple, WG dinner roll (salad bar)</p>		<p>MENU IS SUBJECT TO CHANGE</p>	
<p>Breakfast includes: Toast, milk, juice, assorted fruits and yogurt.</p> <p>WG - Whole Grain</p>	<p>Dinner includes: Milk, salad bar (fresh fruit, veggies, carrots, broccoli)</p> <p>DR - Dinner Roll</p>		<p>Milk is offered as part of every meal. However – the student must take a MINIMUM of 3 items AND you have to have a fruit or vegetable. **Reduced fat dressings are served with all salad and fresh fruit. Numerous fresh fruit & vegetables are on salad bar daily</p>	



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