

# North Union Elementary-Fenton

## October 2018 Menu

Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,  
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich

Mon	Tue	Wed	Thu	Fri
1 B'Fast – WG Biscuits & Gravy or Cereal, Fruit, Juice, Milk  Lunch- Soft Shell Taco, Lettuce, Tomatoes, Cheese, Refried Beans, Pears, Milk	2 B'Fast – Pancake on a Stick, Fruit, Juice, Milk  Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Milk	3 B'Fast - Egg/Cheese Biscuit, Fruit, Juice, Milk  Lunch – Pork Tender on Bun, Peas, Mandarin Oranges, Milk	4 B'Fast – French Toast Sticks, Fruit, Juice, Milk  Lunch- Corndog, Broccoli Cantaloupe, Milk	5 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk  Lunch- Cream Chicken on Biscuits, Steamed Carrots, Pears, Milk
8 B'Fast – Breakfast Wrap, Fruit, Juice, Milk  Lunch – Spaghetti, Bread Stick, Romaine/Spinach Salad, Applesauce, Milk	9 B'Fast – WB Biscuits & Gravy or Cereal, Fruit, Juice, Milk  Lunch- Crispito w/Cheese, Corn, Refried Beans, Apple Wedges, Milk	10 B'Fast – Breakfast Pizza, Fruit, Juice, Milk  Lunch – Italian Chicken on Bun, Tator Tots, Celery, , Pears, Milk	11 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk  Lunch – Shredded Pork on Bun, Tator Tots, Peaches, Milk	12 B'Fast – Cheese Omelet, Toast, Fruit, Juice, Milk  Lunch – Hotdog on Bun, Baked Beans, Baby Carrots, Watermelon, Milk
15 B'Fast – Waffle Sticks, Fruit, Juice, Milk  Lunch – Chicken Fajita on Soft Shell, Refried Beans, Lettuce, Cheese, Tomatoes, Pears, Milk	16 B'Fast - Egg/Cheese Biscuit, Fruit, Juice, Milk  Lunch – Rib on a Bun, Wedge Fries, Carrots, Pineapple, Milk	17 B'Fast – Pancake on a Stick, Fruit, Juice, Milk  Lunch – Cheeseburger on Bun, French Fries, Tomato Slices, Pears, Milk	18 B'Fast – Breakfast Pizza, Fruit, Juice, Milk  Lunch- Goulash, Mixed Vegetables, Banana, Milk	19 B'Fast – French Toast Sticks, Fruit, Juice, Milk  Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, Celery, BB Sandwich, Peaches, Milk
22 B'Fast – Egg/Ham Combo, Toast, Fruit, Juice, Milk  Lunch- Pizza, Romaine/Spinach Lettuce, Strawberries, Milk	23 B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk  Lunch- Fish Sandwich on Bun, Wedge Fries, Orange Wedges, Milk	24 B'Fast –Cheese Omelet, Toast, Fruit, Juice, Milk  Lunch – Cheddarwurst on Bun, Baked Beans, Cucumbers, Apple, Wedges, Milk	25 B'Fast – Breakfast Wrap, Fruit, Juice, Milk  Lunch – Country Fried Steak, Mashed Potatoes w/Gravy, BB Sandwich, Applesauce, Milk	26 B'Fast – Pancake on Stick, Fruit, Juice, Milk  Lunch – Hot Ham Sandwich, Baby Carrots, Celery, Peaches, Milk
29 B'Fast – Breakfast Pizza, Fruit, Juice, Milk  Lunch – Chicken Patty on Bun, Curly Fries, Mandarin Oranges, Milk	30 B'Fast – WG Biscuits & Gravy or Cereal, Fruit, Juice, Milk  Lunch – Mini Corndogs, Broccoli, Peaches, Milk	31 B'Fast – Egg/Cheese on Biscuits, Fruit, Juice, Milk  Lunch – Sub Sandwich, Romaine Spinach Lettuce, Baked Beans, Watermelon, Milk		