

North Union Elm/Ms Swea City Campus October 2022

*Ms salad bar offered as alternate meal
*Menu subject to change
*Juice served daily with breakfast
*Milk served daily with breakfast and lunch

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| <p>Breakfast: french toast sticks, fruit 3</p> <p>Lunch: Chicken nuggets, mashed potatoes and gravy, corn, peaches</p> | <p>Breakfast: apple frudel, fruit 4</p> <p>Lunch: pork tender on bun, peas, applesauce</p> | <p>Breakfast: combo bar, fruit 5</p> <p>Lunch: Chinese chicken, rice, garden salad, mixed fruit</p> | <p>Breakfast: waffles, fruit 6</p> <p>Lunch: mac and cheese, meatballs, breadstick, baby carrots, pineapple</p> | <p>Breakfast: Long john, fruit 7</p> <p>Lunch: Cheeseburger, french fries, romaine lettuce, sliced tomatoes, mandarin oranges</p> |
| <p>Breakfast: pancake on stick, fruit 10</p> <p>Lunch: pizza, garden salad,, red pepper strips, sliced cucumbers, pears</p> | <p>Breakfast: sausage, egg, cheese on English muffin 11</p> <p>Lunch: mini corndogs, green beans, peaches</p> | <p>Breakfast: bagel with cream cheese, fruit 12</p> <p>Lunch: grilled chicken on bun, steamed carrots, orange slice</p> | <p>Breakfast: breakfast wrap, fruit 13</p> <p>Lunch: chicken alfredo, breadstick, garden salad, pineapple</p> | <p>Breakfast: donut, fruit 14</p> <p>Lunch: popcorn chicken, corn, baby carrots, apple</p> |
| <p>Breakfast: pancakes, fruit 17</p> <p>Lunch: chicken strips, french fries, peaches</p> | <p>Breakfast: WG cinnamon roll 18</p> <p>Lunch: meatloaf, mashed potatoes, garden salad, dinner roll, pears</p> | <p>Breakfast: waffles, fruit 19</p> <p>Lunch: crispos, chili, cheese, mixed fruit</p> | <p>Breakfast: uncrustables, Fruit 20</p> <p>Lunch: tator tot hotdish, green beans, dinner roll, mandarin oranges</p> | <p>Breakfast: long john, Fruit 21</p> <p>Lunch: hotdog, chili, chesse, baked beans, banana</p> |
| <p>Breakfast: pop tart, fruit 24</p> <p>Lunch: cheese breadsticks, marinara sauce, corn, pineapple</p> | <p>Breakfast: breakfast pizza, fruit 25</p> <p>Lunch: spaghetti w/meat sauce, breadstick, garden salad, peaches</p> | <p>Breakfast: muffin, fruit 26</p> <p>Lunch: chili, red pepper strips, sliced cucumbers, dinner roll, pears</p> | <p>Breakfast: cereal, fruit 27</p> <p>Lunch: pulled pork on bun, romaine tomato slice, baked beans, orange slice</p> | <p>No School 28</p> |
| <p>Breakfast: french toast sticks, fruit 31</p> <p>Lunch: chicken fajitas, fajita veggie mix, refried beans, lettuce, cheese, applesauce</p> | | | | |

[Enter Additional Info]

