



LUNCH

OCTOBER 2024

NORTH UNION ELM/MS SWEA CITY CAMPUS

This Institution is an Equal Opportunity Provider



Monday

Breakfast: pancake bites, fruit **7**

Lunch: criptos, chili, cheese garden salad, baby carrots, applesauce

Breakfast: breakfast pizza, fruit **14**

Lunch: chicken patty on WG bun, french fries, sliced cucumbers, pineapple

Breakfast: breakfast bagel, fruit **21**

Lunch: pizza, corn, sliced cucumbers, applesauce

Breakfast: pop tart, fruit **28**

Lunch: cheese breadsticks, marinara sauce, corn, baby carrots, pears

Tuesday

Breakfast: WG muffin, fruit **1**

Lunch: chicken nuggets, green beans, b/b sandwich, peaches

Breakfast: uncrustable, fruit **8**

Lunch: mac & cheese, meatballs, WG breadstick, corn red pepper strips, pears

Breakfast: egg/ham combo bar, fruit **15**

Lunch: chicken fajita on WG shell, fajita veggies, romaine, baby carrots, cheese, mandarin oranges

Breakfast: cinnamon cream cheese bagel, fruit **22**

Lunch: rib on WG bun, wedge fries, fresh broccoli, peaches

Breakfast: pancakes & sausage, fruit **29**

Lunch: comdog, steamed broccoli w/cheese sauce, applesauce

Wednesday

Breakfast: pop tart, fruit **2**

Lunch: pizza, corn, baby carrots apple slices

Breakfast: waffles, fruit **9**

Lunch: chicken alfredo, WG breadstick, garden salad, sliced cucumbers, peaches

Breakfast: cereal, fruit **16**

Lunch: cheeseburger hot dish, WG breadstick, garden salad, red pepper strips, mixed fruit

Breakfast: uncrustable, fruit **23**

Lunch: spaghetti w/meat sauce, WG breadstick, garden salad, baby carrots, pears

Breakfast: cini mini, fruit **30**

Lunch: scalloped potatoes & ham, dinner roll, steamed carrots, peaches

Thursday

Breakfast: cini mini, fruit **3**

Lunch: mini comdogs, steamed carrots, fresh broccoli, pineapple

Breakfast: strawberry cream cheese bagel, fruit **10**

Lunch: pulled pork on WG bun baked beans, coleslaw, mandarin oranges

Breakfast: French toast sticks, fruit **17**

Lunch: pork tenderloin on WG bun, green beans, cherry tomatoes, peaches

Breakfast: egg cheese omelet, yogurt, fruit **24**

Lunch: popcorn chicken, b/b sandwich, peas & carrots, mixed fruit

Breakfast: strawberry cream cheese bagel, fruit **31**

Lunch: chicken nuggets, mashed potatoes, gravy, garden salad, mixed fruit cookie

Friday

Breakfast: WG long john, fruit **4**

Lunch: chicken patty on WG bun, peas, sliced cucumbers, mixed fruit

Breakfast: long john, fruit **11**

Lunch: taco in a bag, romaine, cheese, salsa, refried beans, diced tomatoes, apple slices

Breakfast: long john, fruit **18**

Lunch: hot dog on WG bun, chili, cheese, baked beans, baby carrots, orange slices

Breakfast: long john, fruit **25**

Lunch: Salisbury steak, mashed potatoes, gravy, dinner roll, mandarin oranges



*100% juice served daily w/breakfast

*skim or 1%(unflavored) milk served daily w/breakfast

skim, 1% or fat free chocolate milk served daily w/lunch

*salad bar offered as an alternate meal for middle school

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE
MySchoolBucks.com