

Menus

School: Livingston County R-3

Academic Year: 2017-18

Meal: All

Month: October 2017

October				
M	Tu	W	Th	F
2 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Chicken nuggets, mashed potatoes, carrots, whole wheat bread & butter, fruit, milk	3 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat bread stick, fruit, milk	4 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Turkey & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk	5 Breakfast: Cheese omelet, whole wheat toast, fruit, juice, milk Lunch: Beef & bean burrito, whole kernel corn, refried beans, fruit, milk	6 Breakfast: Ham patty, whole grain biscuit, fruit, juice, milk Lunch: Sloppy Joe on whole wheat bun, potato wedges, peas, fruit, milk
9 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Taco soup w/corn chips, raw baby carrots, fruit, milk	10 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	11 Breakfast: Breakfast pizza, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	12 Breakfast: Sausage gravy w/whole grain biscuit, fruit, juice, milk Lunch: Pasta bake, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat breadstick, fruit, milk	13 Breakfast: Scrambled eggs, whole wheat toast, fruit, juice, milk Lunch: Hot dog on whole wheat bun, potato wedges, baked beans, fruit, milk
16 Breakfast: Whole grain French toast, reduced calorie syrup, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, potato wedges, baked beans, fruit, milk	17 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	18 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, sliced carrots, fruit, milk	19 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Chili Frito Pie, whole kernel corn, graham crackers, fruit, milk	20
23 Breakfast: Whole grain waffles, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	24 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	25 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Ham & cheese on whole wheat bread, baked chips, celery sticks, raw baby carrots, fruit, milk	26 Breakfast: Egg patty, whole grain biscuit, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk	27 Breakfast: Breakfast bites, reduced calorie syrup, fruit, juice, milk Lunch: Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk
30 Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, green beans, whole wheat bread & butter, fruit, milk	31 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, potato wedges, baked beans, sherbet cups, milk	1	2	3

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