

Guidelines for elementary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

OCTOBER 2017

Peters Elementary

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, yogurt, cereal, main entrée and alternate

Monday

Breakfast: Pop Tart **2**
 Mini Ravioli
 Dinner Roll
 Steamed Broccoli

Alt: Chicken Wrap

Teacher's In-Service **9**
 No School


Breakfast: Eggs & Toast **16**
 Chicken Patty on WG Roll
 Steamed Spinach
 Tator Stars
 Alt: Pizza

Breakfast: Muffin **23**
 Pork
 Mashed Potatoes, Applesauce
 Dinner Roll, Fruit Snack
 Alt: Cheeseburger

Breakfast: Pop Tart **30**
 Cheesesteak
 Veggie Mix
 Crispy Fries
 Alt: Hot Dog on WG Roll

Tuesday

Breakfast: Cereal **3**
 Chicken Nuggets w/Sauce
 Baked Beans
 Pasta Salad

Alt: Chicken Wrap

Breakfast: Pop Tart **10**
 French Toast Stix
 Sausage Patty
 Tator Tots
 Alt: Grilled Ham & Cheese

Breakfast: Muffin **17**
 Cheeseburger on WG Roll
 Steamed Carrots
 Onion Rings
 Alt: Pizza

Breakfast: Egg & Cheese Sandwich **24**
 Chicken Fries
 Baked Beans, Cucumber Stix
 Pumpkin Pretzel
 Alt: Cheeseburger

Breakfast: Cereal **31**
 Goblin Spaghetti w/Meatballs
 Green Beans, Bread & Butter
 Spooky Ice Cream Sundae
 Alt: Hot Dog on WG Roll

Wednesday

Breakfast: Cinnamon Stix **4**
 Ham & Cheese Melt on
 Pretzel Roll, Baked Chips
 Steamed Zucchini

Alt: Chicken Wrap

Breakfast: Muffin **11**
 Pork BBQ
 Creamed Cabbage
 Rosemary Garlic Red Potatoes
 Alt: Grilled Ham & Cheese

Breakfast: Cereal **18**
 Grilled BBQ Chicken
 Pierogies, Baked Beans
 Applesauce
 Alt: Pizza

Breakfast: Cereal **25**
 Hot Dog on WG Roll
 Macaroni & Cheese
 Stewed Tomatoes
 Alt: Cheeseburger

Thursday

Breakfast: Scrambled Eggs & Toast **5**
 California Cheeseburger
 Crispy Fries, Sweet Corn

Alt: Chicken Wrap

Breakfast: Bagel **12**
 Bulldog Bowl
 Popcorn Chicken, Corn,
 Mashed Potatoes
 Alt: Grilled Ham & Cheese

Breakfast: French Toast Stix **19**
 Nachos Grande
 w/Lettuce, Tomatoes,
 Cheese, Green Beans
 Alt: Pizza

Breakfast: Cinnamon Roll **26**
 Bulldog Bowl
 Popcorn Chicken, Corn,
 Mashed Potatoes
 Alt: Cheeseburger

Friday

Breakfast: Cereal Bar **6**
 Tailgate / Homecoming Party
 Chicken Cheese Quesadilla
 w/Salsa & Sour Cream
 Carrots/Celery w/Dip
 Warm Chocolate Chip Cookie
 Alt: Chicken Wrap

Breakfast: Pancakes **13**
 Corn Dog, Baked Beans
 Cucumbers, Carrots, Broccoli
 with Dip
 Alt: Grilled Ham & Cheese

Breakfast: Bagel **20**
 Chicken Alfredo
 Sweet Peas
 Bread Stick
 Alt: Pizza

Breakfast: Waffles **27**
 Meatball Hoagie
 Steamed Broccoli
 Side of Pasta
 Alt: Cheeseburger

Included with all meals is a choice of:
 Fruit, Juice or Milk

Breakfast: \$1.45
 Lunch: \$2.55

Reduced Breakfast: \$0.30
 Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE