

**WEST CENTRAL BREAKFAST & LUNCH MENU**

**October 2023**

**PK Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 French Toast Sticks / Syrup	3 Cinnamon Bagel	4 Waffles / Syrup	5 Tornado	6 Cereal-Kix
<b>9</b> <b>NO SCHOOL</b>	10 Choc. Chip Muffin	11 Cereal-Happy Shapes	12 Pancake Sausage Stick / Syrup	13 Banana Bread
16 Egg & Cheese Biscuit	17 Cinnamon Bagel	18 Waffles / Syrup	19 Tornado	<b>20</b> <b>NO SCHOOL</b>
23 French Toast Sticks / Syrup	24 Choc. Chip Muffin	25 Cereal-Trix	26 Pancake Sausage Stick / Syrup	27 Breakfast Pizza
30 Pancake / Syrup	31 Bagel / Cream Cheese		<b>Offered Daily: Fresh Fruit, yogurt and juice</b> <b>Milk is served daily.</b>	

**Elementary - Middle School - High School**

**Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 French Toast Stick / Syrup	3 Cinnamon Bagel	4 Waffles / Syrup	5 Tornado	6 Poptarts
<b>9</b> <b>NO SCHOOL</b>	10 Choc. Chip Muffin	11 Nutri-Grain Bar	12 Pancake Sausage Stick / Syrup	13 Banana Bread
16 Egg & Cheese Biscuit	17 Cinnamon Bagel	18 Waffle / Syrup	19 Tornado	<b>20</b> <b>NO SCHOOL</b>
23 French Toast Stick / Syrup	24 Choc. Chip Muffin	25 Nutri-Grain Bar	26 Pancake Sausage Stick / Syrup	27 Breakfast Pizza
30 Pancake / Syrup	31 Bagel / Cream Cheese		<b>Offered Daily: A choice of cereal, fresh fruit, yogurt, and juice.</b> <b>Milk is served daily.</b>	

**PK- 12TH GRADE  
LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">2</p> <p align="center">Hot Dog / Bun Chips, Carrot &amp; Celery Sticks Relish Diced Onions Pears</p>	<p align="center">3</p> <p align="center">Cheeseburger / Bun Hash Browns, Pickles Mixed Vegetables Applesauce</p>	<p align="center">4</p> <p align="center">Breaded Chicken / Bun Baked Beans Mandarin Oranges</p>	<p align="center">5</p> <p align="center">Pizza Burger Green Beans Frozen Fruit</p>	<p align="center">6</p> <p align="center">Fajita Chicken Romaine Lettuce &amp; Cheese Diced Tomatoes Ranch or French, Pineapple Roll, Butter</p>
<p align="center">9</p> <p align="center"><b>NO SCHOOL</b></p>	<p align="center">10</p> <p align="center">Corn Dog Baked Beans Cooked Carrots Teddy Grahams Mixed Fruit</p>	<p align="center">11</p> <p align="center">Salisbury Steak Mashed Potatoes, Gravy or Butter, Green Beans Roll, Butter Peaches</p>	<p align="center">12</p> <p align="center">Chicken Strips Corn Apple Slices Cookie</p>	<p align="center">13</p> <p align="center">Pizza Crunchers Marinara Sauce Lettuce &amp; Spinach Ranch or French, Peas Pears</p>
<p align="center">16</p> <p align="center">Scalloped Potatoes &amp; Ham Broccoli &amp; Cauliflower Rice Krispie Treat Roll, Butter Applesauce</p>	<p align="center">17</p> <p align="center">Maidrite/ Bun Peas Pickles, Onions Mandarin Oranges</p>	<p align="center">18</p> <p align="center">Taco-In-A-Bag Shredded Lettuce &amp; Cheese Diced Tomatoes, Refried Beans, Pears Salsa, Sour Cream</p>	<p align="center">19</p> <p align="center">BBQ Rib Patty / Bun Pickles French Fries Cooked Carrots Peaches</p>	<p align="center">20</p> <p align="center"><b>NO SCHOOL</b></p>
<p align="center">23</p> <p align="center">Goulash Corn Bread &amp; Butter Pineapple</p>	<p align="center">24</p> <p align="center">Tenderloin / Bun Baked Beans, Pickles Onion Mixed Fruit</p>	<p align="center">25</p> <p align="center">Cheesy Breadsticks Marinara Sauce Green Beans Apricots, Cookie</p>	<p align="center">26</p> <p align="center">Grilled Chicken / Bun Romaine Lettuce &amp; Spinach Ranch or French Mandarin Oranges</p>	<p align="center">27</p> <p align="center">Sub Sandwich / Bun Chips, Carrot &amp; Celery Sticks Teddy Grahams, Apple Slices</p>
<p align="center">30</p> <p align="center">Crispito Cheese Sauce, Salsa Broccoli &amp; Cauliflower Pears, Cookie</p>	<p align="center">31</p> <p align="center">Chili Dog / Bun Shredded Cheese, Peaches</p>			<p align="center">Offered Daily: Chocolate &amp; White Milk. Salad Bar, Ham &amp; Cheese Sandwich, Turkey &amp; Cheese Sandwich and Fruit</p>