



Antelope School District: Plum Valley School Breakfast and Lunch Menu October 2017



Coming in October

Monday		Tuesday		Wednesday (June)		Thursday		Friday																		
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch																	
<p>2</p> <p>WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>3</p> <p>Biscuits/Sausage Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Pretzel/Cheese Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>4</p> <p>WG Banana Bread Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Chicken Burrito Fruit and Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>5</p> <p>Cinnamon Roll Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Trout Treasures & Tater Tots Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>6</p> <p>Rainbow Parfait Fruit Milk (white, chocolate, vanilla) 100% Juice</p>	<p>PB & J Sandwich Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>																	
<p>9</p> <p>WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>CHICKEN NUGGETS & Crackers Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>10</p> <p>WG Bagel Cream Cheese & Jelly Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Chicken Sandwich Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>11</p> <p>WG Pan Dulce Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Turkey Soft Tacos with Shredded Lettuce Fruit and Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>12</p> <p>Breakfast Bake: Turkey Ham, Cheese, Egg & Crackers Fruit Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Spaghetti with Meat Sauce Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>13</p> <p>Banana Breakfast Split Fruit Milk (white, chocolate, vanilla) 100% Juice</p>	<p>FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>																	
<p>16</p> <p>WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>17</p> <p>Cheese Omelet & Biscuit Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Hamburger Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>18</p> <p>Breakfast Bar: Oatmeal Chocolate Chip Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Chicken Quesadilla Fruit and Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>19</p> <p>WG Breakfast Bun Fruit Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Turkey Deli Sandwich Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>20</p> <p>Fruit Smoothie w/ Crackers Fruit Milk (white, chocolate, vanilla) 100% Juice</p>	<p>PB & J Sandwich Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>																	
<p>23</p> <p>WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit and Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>24</p> <p>Bagel & Sausage Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Grilled Cheese Fruit & Veg. Salad Bar Milk (white, chocolate, vanilla)</p>	<p>25</p> <p>WG Muffin Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Burrito Bowl: Chicken, Beans, Corn & Cheese Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>26</p> <p>WG Buttermilk Bar Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>Penne Pasta with Meat Sauce Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>27</p> <p>Rainbow Parfait Fruit Milk (white, chocolate, vanilla) 100% Juice</p>	<p>FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>																	
<p>30</p> <p>WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk (white, chocolate, vanilla) 100% Fruit Juice</p>	<p>CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>31</p> <p>Yogurt and Mini Muffin Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<p>Meatballs and Gravy over Brown Rice Fruit & Vegetable Salad Bar Milk (white, chocolate, vanilla)</p>	<table border="1"> <thead> <tr> <th>Breakfast - Students</th> <th>Amount</th> <th>Lunch - Students</th> <th>Amount</th> </tr> </thead> <tbody> <tr> <td>Reduced Meal</td> <td>\$0.30</td> <td>Reduced Meal</td> <td>\$0.40</td> </tr> <tr> <td>Full Pay Meal</td> <td>\$2.00</td> <td>Full Pay Meal</td> <td>\$3.00</td> </tr> <tr> <td>Milk Only</td> <td>\$0.50</td> <td>Milk Only</td> <td>\$0.50</td> </tr> <tr> <td>Meal - Adult</td> <td>\$2.50</td> <td>Meal - Adult</td> <td>\$3.50</td> </tr> </tbody> </table>	Breakfast - Students	Amount	Lunch - Students	Amount	Reduced Meal	\$0.30	Reduced Meal	\$0.40	Full Pay Meal	\$2.00	Full Pay Meal	\$3.00	Milk Only	\$0.50	Milk Only	\$0.50	Meal - Adult	\$2.50	Meal - Adult	\$3.50	<p>Menu subject to change.</p>	
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