


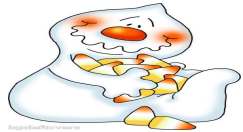


OCTOBER MENUS 2018

EAST MILLS COMMUNITY SCHOOL DISTRICT

BREAKFAST AND LUNCH MENU SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please remember to keep money in your child's meal account. Thanks</p>	<p>1 L. WG Pop Corn Chicken, Green Beans, Winter Mix, Rosy Applesauce, WG Scooby Doo Snack</p>	<p>2 B. WG BKF Pizza, Juice, Apple L. Mr. Rib/WG Bun, Baked Beans, Oven Fries, Mandarin Oranges</p>	<p>3 B. WG French Toast, Juice, Banana L. Taco/WG Flour Shell/. Lettuce/Cheese, Tomato, Corn, Peaches, WG Chocolate Cupcake</p>	<p>4 B. Scrambled Eggs, WW Toast, Juice, Orange L. WG Chicken Nuggets, Broccoli/Cheese, Coleslaw, Strawberry/Banana, WG Roll</p>	<p>5 B. WG Muffin, Juice, Apple L. Shredded Beef/WG Bun, Romaine Lettuce, Baby Carrots, Fruit Smoothie</p>	<p>6 "This Institution Is An Equal Oppo6rtunity Provider"</p>
<p>7 WG Cereal/Cereal Bar/Pop Tart, WW Toast, Juice, Fruit offered as alternative breakfast.</p>	<p>8 L. WG Chicken Crispeto, String Cheese, Winter Mix, Cooked Carrots, Mixed Fruit, WG Bug Bites</p>	<p>9 B. WG Breakfast Patty, WW Toast, Juice, Apple L. Hamburger/WG Bun, Baked Beans, Oven Fries, Pears</p>	<p>10 B. WG Pancake Stick, Juice, Banana L. Walking Taco/Chili Con Carne/WG Corn Chips/. Cheese, Corn, Peas, Peaches, WG Cookie</p>	<p>11 B. Sausage, WW Toast, Juice, Orange L. Chicken /WG Noodles, Mashed Potato, Green Beans, Mandarin Oranges, WG Cheese Bread</p>	<p>12 NO SCHOOL</p>	<p>13 </p>
<p>14 We will be selling a la carte items during breakfast and lunch. Make sure your child has money in their account if they would like to purchase items.</p>	<p>15 L. WG Burrito/Cheese Sauce, Corn, Cooked Carrots, Mixed Fruit</p>	<p>16 B. WG Breakfast Pizza, Juice, Apple L. Chicken Fajita/WG Flour Shell/Lettuce/. Cheese, Tomato, Fresh Broccoli, Mandarin Oranges, WG Rice</p>	<p>17 B. WG French Toast, Juice, Banana L. Beef/WG Noodles, Mashed Potato, Green Beans, Pears, WG Cheese Bread</p>	<p>18 B. Scrambled Eggs, WW Toast, Juice, Orange L. Maidrite/WG Bun, Baked Beans, Peas, Peaches, Chocolate Cake</p>	<p>19 B. WG Long John, Juice, Apple L. WG Stuffed Crust Pizza, Romaine Lettuce, Baby Carrots, Pineapple</p>	<p>20</p>
<p>21 1% White milk & skim chocolate, white & strawberry. Chef Salad, WG Pizza offered as an alternative lunch entrée for 7-12.</p>	<p>22 L. Mandarin Orange Chicken, Winter Mix, Mixed Mix, Mandarin Oranges, WG Rice</p>	<p>23 B. WG Breakfast Patty, WW Toast Juice, Apple L. Hot Dog/WG Bun, Baked Beans, Peas, Pears, WG Chips</p>	<p>24 B. WG Pancake Stick, Juice, Banana L. WG Spaghetti/Meat Sauce, Romaine Lettuce, Baby Carrots, Pineapple, WG Cheese Bread</p>	<p>25 B. Sausage Patty, WW Toast, Juice, Orange L. WG Pork Chop, Mashed Potato/Gravy, Corn, Peaches, WG Roll</p>	<p>26 B. WG Muffin, Juice, Apple L. WG Chicken Patty/WG Bun, Green Beans, Cooked Carrots, Rosy Applesauce</p>	<p>27 </p>
<p>28 We do have breakfast available on Mondays for those who sign up and would like to eat at the elementary.</p>	<p>29 L. WG Corn Dogs, Baked Beans, Savory Carrots, Mandarin Oranges</p>	<p>30 B. WG BKF Pizza, Juice, Apple L. WG Chicken Strips, Augratin Potato, Green Beans, Strawberry/Banana, WG Rice Krispie Bar</p>	<p>31 B. WG French Toast, Juice, Banana L. Witches Brew, Dracula Sticks, Spooky Fruit, Goblin Treats</p>	<p></p>	<p></p>	

