

OCTOBER 2019

EAST BERNSTADT INDEPENDENT SCHOOL

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.50
Lunch	\$0.00	\$3.75

Monday

Tuesday

Wednesday

Thursday

Friday

Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Tossed Salad or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice
WG Toast & WG Cookie
Var. of Milk **1**

Grilled Cheese, BBQ Sandwich, Chef Salad, Baked Beans or Soup, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Crackers
Var. of Milk **2**

Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **3**

Tangerine Chicken Stir Fry, Sandwich, Chef Salad, Calif. Blend Veggies or Egg Roll, Fruit cup, Fresh Fruit, 100% Fruit Juice
Roll & Mex. Rice
Var. of Milk **4**

Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Roll
Var. of Milk **7**

Corn Dogs, BBQ Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice
Baked Chips & WG Cookie
Var. of Milk **8**

Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **9**

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **10**

Meat Loaf, Sandwich, Chef Salad, Mac & Cheese or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
Roll
Var. of Milk **11**

Chicken Strips, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Roll
Var. of Milk **14**

Hot Dog & Chili, Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice
Baked Chips & WG Cookie
Var. of Milk **15**

Chicken Patty, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Bun
Var. of Milk **16**

NO SCHOOL **17**

NO SCHOOL **18**

Chicken Bites, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Roll
Var. of Milk **21**

Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Tossed Salad or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice
WG Toast & WG Cookie
Var. of Milk **22**

Grilled Cheese, BBQ Sandwich, Chef Salad, Baked Beans or Soup, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Crackers
Var. of Milk **23**

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **24**

Tangerine Chicken Stir Fry, Sandwich, Chef Salad, Calif. Blend Veggies or Egg Roll, Fruit cup, Fresh Fruit, 100% Fruit Juice
Roll & Mex. Rice
Var. of Milk **25**

Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Roll
Var. of Milk **28**

Mini Corn Dogs, BBQ Sandwich, Chef Salad, Sweet Potatoes or Peas, Fruit Cup, Fresh Fruit, 100 % Fruit Juice
Baked Chips & WG Cookie
Var. of Milk **29**

Hamburger or Cheeseburger, Sandwich, Chef Salad, Baked Beans or Fries, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **30**

Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Tossed Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk **31**

Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.
This menu is subject to change based on available food items.