

BREAKFAST & LUNCH MENU for OCTOBER 2017

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>2</p> <p>BCIG B: Sausage Breakfast Boat BCIG L: Cheeseburger/WG Bun Baked Beans, Potato Salad Watermelon, Fresh Apple OA B: Yogurt Parfait or Cereal Pears & Toast OA L: French Bread with Cheese Marinara, Baked Carrots, Veggie Sticks, Apple Slices</p> | <p>3</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: Chicken Nuggets, Corn Marinated Fresh, Vegie Salad Sidekicks, Fresh Orange OA B: Donut or Cereal Peaches & Toast OA L: Popcorn Chicken, Baked Beans, Veggie Sticks, Pears, Side Kicks</p> | <p>4</p> <p>BCIG B: Cheese Omelet WG Toast BCIG L: Turkey & Cheese Sandwich, Ele-Vegies w/Ranch, Cooked Carrots *Salad Bar Applesauce, Fresh Pear OA B: Breakfast Bites or Cereal Apple Sauce & Toast OA L: Goulash, Spinach Salad Veggie Sticks, Peaches, Dinner Roll</p> | <p>5</p> <p>BCIG B: Mini Bagels *Yogurt BCIG L: Lasagna, Tossed Salad w/Ranch, Peas, Garlic Breadstick Pineapple, Fresh Banana OA B: Waffle Bites or Cereal Pineapple & Toast OA L: Chicken Sandwich, Green Beans, Veggie Sticks, Orange Half</p> | <p>6</p> <p>BCIG B: French Toast Sticks Syrup BCIG L: Chicken Patty/WG Bun Sweet Potato Tots, Green Beans Peaches, Fresh Apple OA B: Egg & Sausage Pattie or Cereal/Orange Half & Toast OA L: Cheese Pizza, Corn Veggie Sticks, Banana</p> |
| <p>9</p> <p>BCIG B: Breakfast Pizza BCIG L: Mandarin Orange Chicken, Brown Rice, Cooked Carrots, Broc-Caulif Salad Bread -Butter, Mixed Fruit Fresh Apple OA B: Breakfast Bar or Cereal Applesauce & Toast OA L: Cheese Sticks / Marinara Green Beans, Veggie Sticks Pears</p> | <p>10</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: BBQ Pork Rib/WG Bun Spinach Salad, 3 Bean Salsa Applesauce Cup, Fresh Orange OA B: Breakfast Boat or Cereal Peach Cup & Toast OA L: Meatball Subs, Carrots Veggie Sticks, Apple Slices</p> | <p>11</p> <p>BCIG B: Breakfast Wrap Salsa BCIG L: Grilled Chicken Breast/WG Bun, Ele-Mixed Green Salad Peas, *Salad Bar, Mandarin Oranges, Fresh Apple OA B: Muffin or Cereal Pear Cup & Toast OA L: Chicken & Gravy, Potatoes Veggie Sticks, Peaches, Dinner Roll</p> | <p>12</p> <p>BCIG B: Blueberry Muffin Yogurt BCIG L: Hot Dog/WG Bun Smiley Fries, Green Beans Strawberries & Bananas, Fresh Orange OA B: Cheese Omelet or Cereal Pineapple Cup & Toast OA L: Beef Nachos, Corn Veggie Sticks, Orange Half</p> | <p>13</p> <p>BCIG B: Egg Patty, Bacon WG Toast BCIG L: Cheese Sticks w/ Marinara, Corn, Celery, Jonny Pop Juice, Bar, Pears, Fresh Apple OA B: Pancake on a Stick or Cereal / Orange Half & Toast OA L: Pork Pattie / WG Bun Baked Beans, Veggie Sticks Banana</p> |
| <p>16</p> <p>BCIG B: Pancakes w/Cinnamon Glaze *Sausage BCIG L: BBQ Chicken Breast/WG Bun, Broccoli w/Cheese Sauce, Baby Carrots, PB Sandwich Applesauce, Fresh Orange OA B: Pancakes or Cereal Applesauce & Toast OA L: Mr Rib / WG Bun Carrots, Veggie Sticks Pears</p> | <p>17</p> <p>BCIG B: Cereal Bar WG Toast BCIG L: Taco-in- a-Bag, Lettuce, Tomato, Cheese, Salsa, Black Bean Salad, Rice Krispy Bar, Pineapple Fresh Apple OA B: Breakfast Pizza or Cereal Peach Cup & Toast OA L: Orange Chicken Steamed Broccoli, Veggie Sticks Apple, WG Rice</p> | <p>18</p> <p>BCIG B: Cheese Omelet WG Toast BCIG L: Hot Ham & Cheese, Ele-Vegies w/Ranch, Mixed Vegetables *Salad Bar, Apricots, Fresh Apple OA B: Cherry Pocket or Cereal Pear Cup & Toast OA L: Sloppy Jo / WG Bun Baked Beans, Veggie Sticks Peaches</p> | <p>19</p> <p>BCIG B: Mini Cinnis *Assorted Cereal BCIG L: Meatball Sub, Sweet Potato Tots, Green Beans, Mixed Fruit, Fresh Banana OA B: Cinnamon Roll or Cereal Pineapple cup & Toast OA L: Taco in a Bag, Corn Veggie Sticks, Orange Half</p> | <p>20</p> <p>BCIG B: Sausage Pancake Wrap BCIG L: Scalloped Potatoes & Ham, Tossed Salad w/Ranch Corn, Dinner Roll, Peaches Fresh Orange OA B: Egg & Cheese Muffin or Cereal / Orange Half & Toast OA L: Chicken Nuggets, Green Beans, Veggie Sticks, Banana Bread / Jelly</p> |
| <p>23</p> <p>BCIG B: Pop Tart *Yogurt BCIG L: French Toast Sticks Sausage, Hash Brown, Baby Carrots, Celery-PB cup, *Cucumbers Pears, Fresh Apple OA B: Breakfast Bar or Cereal Applesauce & Toast OA L: Pulled Pork / WG Bun Carrots, Veggie Sticks, Pears</p> | <p>24</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: Pulled Pork/WG Bun Baked Beans, Cole Slaw, Sidekicks Fresh Orange OA B: French Toast Sticks Peaches & Toast OA L: Beef Hot Dog / WG Bun Baked Beans, Veggie Sticks Apple Slice, Jonny Pops</p> | <p>25</p> <p>BCIG B: Egg & Cheese Burrito BCIG L: Chicken Tenders Salsa*BCIG L: Chicken Tenders Ele-Mixed Green, Salad, Cooked Carrots, *Salad Bar, Goldfish Mandarin Oranges, Fresh Apple OA B: Muffin or Cereal Pears & Toast OA L: Beef & Bean Chili Spinach, Veggie Sticks, Peaches Cinnamon Roll</p> | <p>26</p> <p>BCIG B: Glazed Donut *Assorted Cereal BCIG L: Cheese Pizza, Corn Cherry Tomatoes, Applesauce Cup Fresh Orange OA B: Cheese Omelet or Cereal Banana & Toast OA L: Chicken Fajitas, Corn Veggie Sticks, Orange Half Spanish Rice</p> | <p>27</p> <p style="text-align: center;">NO SCHOOL</p> |
| <p>30</p> <p>BCIG B: Breakfast Pizza BCIG L: Chicken & Cheese Burrito, Lettuce, Tomato, Cheese, Salsa, Taco Fiesta Beans, Spanish Rice, Mixed Fruit, Fresh Apple OA B: Apple Pocket or Cereal Pears & Toast OA L: Hamburger / WG Bun Baked Beans, Veggie Sticks Apple Slices</p> | <p>31</p> <p>BCIG B: Assorted Cereal WG Toast BCIG L: Chicken Leg, Green Beans, Broccoli Salad, M & M Cookie, Bread-Butter, Peaches Fresh Apple OA B: Yogurt Parfait or Cereal Applesauce & Toast OA L: Garlic Cheese Flat Bread Green Beans, Veggie Sticks Pears, Side Kicks</p> | <p><i>In accordance with Federal Law and USDA policy, this institution is an equal opportunity provider and employer.</i></p> <p><i>Milk choice, fruit and juice served daily. All breads are whole grain.</i></p> <p>*Available only at the high school.</p> | | |