

Meal Prices:
Breakfast:
 Student—\$1.90
 Adult—\$2.25

October

Menu items
 subject to change
 without notice

Meal Prices:
Lunch:
 Student—\$2.85
 Adult—\$3.75
Ala Carte:
 Milk/Juice \$.50

FREE AND REDUCED APPLICATIONS CAN BE FOUND AND SUBMITTED SECURELY ONLINE AT:

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 AND SIGN UP FOR LOW BALANCE NOTICES**

2019 BREAKFAST STURGIS/WHITEWOOD/PIEDMONT/MIDDLE SCHOOL

BREAKFAST INCLUDES DAILY: FRUIT , JUICE AND A VARIETY OF MILK **YOGURT, CEREAL, BAGEL AND TOAST OFFERED AS DAILY ENTREES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 A: Cheese Omelet & Toast B: Long John	1 A: French Toast B: Breakfast Pizza	2 A: Scrambled Eggs & Toast B: Cinnamon Bread	3 A: Biscuit & Gravy B: Chef's Choice	4 A: Smoothie B: Scones
7 A: Egg & Cheese Mini John B: Banana Bread	8 A: Cheese Omelet, Sausage & Toast B: Mini Pancakes	9 A: Cinnamon & Sugar Toast B: Pancake on a Stick	10 A: Cinnamon Roll B: Breakfast Pizza	11 NO SCHOOL IN-SERVICE
14 NO SCHOOL NATIVE AMERICAN DAY	15 A: Cheesy Eggs & Toast B: Long John	16 A: Chef's Choice B: Cheese Omelet & Toast	17 A: Yogurt Parfait B: Choc. Chip Oatmeal Breakfast Bar	18 A: Smoothie B: Scones
21 A: Cinnamon Sugar Toast B: Scrambled Eggs & Toast	22 A: Cheese Omelet & Toast B: Banana Bread	23 A: Cinnamon Bread B: Yogurt Banana Split	24 A: Egg & Cheese Biscuit B: Long John	25 A: Waffles B: Breakfast Pizza
28 A: Cheese Omelet & Toast B: Long John	29 A: French Toast B: Breakfast Pizza	31 A: Scrambled Eggs & Toast B: Cinnamon Bread	31 A: Biscuit & Gravy B: Chef's Choice	1 NO SCHOOL

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\$1.90

Meal Prices:

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Adult—\$3.75



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2019 LUNCH STURGIS/WHITEWOOD/PIEDMONT ELEMENTARY/MIDDLE SCHOOLS

Fruit and a variety of milk, grab and go salad and sandwiches will be offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 A: Fish Nuggets B: Chicken Nuggets Fries, T-Roll, Fresh Spinach Salad, Sugar Cookie GNG: Turkey Sandwich	1 Super Nacho BEEF or CHICKEN Chips, Lettuce, Tomato, Refried Beans, Nacho Cheese, Cinnamon Sugar Breadstick GNG: Seven Layer Salad	2 A: Popcorn Chicken B: Country Fried Steak Mashed Potato, Country Gravy, Steam Broccoli, T-Roll GNG: Ham & Cheese Sandwich	3 A: Teriyaki Chicken B: Tangerine Chicken Stir Fry Vegetables Baby Carrots, Steam Rice GNG: Chicken Chef Salad	4 A: Pizza B: Calzone w/Marinara Toss Salad, Carrots & Celery GNG: Chefs Choice
7 A: Rib Patty/Bun B: Chicken Patty/Bun Potato Smiles, Cheesy Broccoli GNG: Turkey Sandwich	8 PASTA DAY Choices: Chicken Alfredo Spaghetti & Meatballs Toss Salad, Carrots, Breadstick GNG: Seven Layer Salad	9 A: Mini Corn Dogs B: Chicken Strips T-Roll, Mashed Potato, Gravy, Steam Carrots GNG: Ham & Cheese Sand.	10 Walking Taco Beef or Fajita Chicken Chips, Lettuce, Cheese, Tomato, Refried Beans, Cinnamon Bread Stick GNG: Chicken Chef Salad	11 NO SCHOOL IN-SERVICE
14 NO SCHOOL NATIVE AMERICAN DAY	15 A: Popcorn Chicken B: Country Fried Steak Mashed Potato, Country Gravy, Steam Broccoli, T-Roll GNG: Ham & Cheese Sandwich	16 A: Hamburger Deluxe B: Chicken Patty Bun, Lettuce, Tomato, Baked Beans GNG: Tuna Salad Sandwich	17 Chicken Strips & Waffles Potato Rounds, Carrots GNG: Egg Salad Sandwich	18 A: Cheese Pizza B: Calzone w/Marinara Toss Salad, Carrots & Celery GNG: Chefs Choice
21 A: Mini Corn Dogs B: Chicken Strips Cheesy Peas, Potato Smiles, T-Roll GNG: Chicken Salad Sandwich	22 Taco Salad w/Dressing BEEF or CHICKEN Corn Chips, Lettuce, Tomato, Cheese, Refried Beans, Cinnamon Breadstick GNG: Seven Layer Salad	23 A: Meatball Sub B: Rib Patty/Bun (Elem) B: Buffalo Chicken Sub (Middle School) Steam Broccoli Sweet Potato Fries GNG: Chicken Chef Salad	24 A: Lasagna B: Chicken Nuggets Breadstick, Toss Salad, Carrots GNG: Tuna Salad Sandwich	25 Chili Dog or 'Bowl of Chili' w/ Crackers Fries, Corn, Mini Cinnamon Roll GNG: Chefs Choice
28 A: Hamburger Deluxe B: Chicken Patty Bun, Lettuce, Tomato, Baked Beans GNG: Chicken Salad Sandwich	29 A: Cheese Hot Dog/Bun B: Cheese Steak/Bun Potato Roasters, Baby Carrots GNG: Ham & Cheese Sandwich	30 PASTA DAY Choices: Chicken Alfredo Spaghetti & Meatballs Toss Salad, Carrots, Breadstick GNG: Seven Layer Salad	31 A: Chicken Drumstick B: Corn Dog Mac & Cheese, Steam Broccoli GNG: Chicken Chef Salad	1 NO SCHOOL