



OCTOBER



2018 Lunch Sturgis/Whitewood/Piedmont/Middle School

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 A: Egg & Cheese Biscuit B: French Toast Sausage Patty, Hash browns, Carrots GNG: Ham Chef Salad	2 A: Fish Nuggets B: Chicken Nuggets Mashed Potato/Gravy, Steam Broccoli, T-Roll GNG: Egg Salad	3 Taco on Soft Shell, Lettuce, Tomato, Cheese, Fiesta Beans, Cinnamon Breadstick GNG: Chefs Choice	4 A: Hot Dog/Bun B: Rib Patty/Bun Mac & Cheese, Mashed Sweet Potato's, Steam Peas GNG: Chicken Salad on Ciabatta Bread	5 In-Service	Breakfast Includes: Half-pint Milk Fruit or Juice
2017-2018 Free & Reduced Eligibility ends on October 10th, please submit a new application prior to then to avoid	8 NO SCHOOL 	9 A: Meatball Sub B: Turkey Sub Toss Salad, Carrots GNG: Seven Layer Salad	10 A: Cheeseburger/ Bun B: Sloppy Joe/Bun Baked Beans, Fries GNG: Tuna Sandwich	11 A: Chili B: Hot Dog/Bun Corn Chips, Baby Carrots & Celery, Cinnamon Roll GNG: Ham Chef Salad	12 A: Fish Patty/Bun B: Chicken Patty/Bun Potato Smiles, Steam Broccoli GNG: Egg Salad Sandwich	Lunch Includes: Half-pint Milk
Incurring full price charges.	15 A: Boneless Chicken Wings B: Meatloaf Mashed Potato/Gravy, Broccoli, T-Roll GNG: Chicken Chef Salad	16 A: Hamburger/Bun, B: Mini Corn Dog Green Beans, Fries GNG: Chicken Salad on Ciabatta Bread	17 Taco Bar Choose: Chicken or Beef Chips, Lettuce, Cheese, Tomato, Refried Beans Cinnamon Bread Stick GNG: Seven Layer Salad	18 A: Terr. Chicken B: Orange Chicken Stir Fry Vegetables, Baby Carrots, Breadstick, Rice, Fortune Cookie GNG: Turkey Cheese Sandwich	19 A: Hot Dog/Bun B: Pulled Pork/Bun Mac & Cheese, Baby Carrots & Cucumbers GNG: Ham Chef Salad	
Free & Reduced Applications are available at all school offices	22 PASTA DAY Choices: Chicken Alfredo Spaghetti & Meatballs Toss Salad, Carrots GNG: Egg Salad Sandwich	23 Chicken Strips, Mashed Potato, White Gravy, Broccoli, T-Roll GNG: Chicken Chef Salad	24 A: Tater Tot Casserole & Breadstick B: Meatball Sub & Fries Green Beans GNG: Tuna Sandwich	25 A: Chicken Patty B: Country Fried Steak Mashed Potato, White Gravy, Peas T-Roll GNG: Ham Chef Salad	26 Beef or Chicken Quesadilla Toss Salad, Refried Beans, Carrots	Meal Prices: Breakfast— Student—\$1.90 Adult—\$2.15
	28 A: Rib Patty/Bun B: Hot Dog/Bun Baked Beans, Mashed Sweet Potato GNG: Egg Salad Sand-	29 A: Pulled Pork/Bun B: Hamburger/Bun Fries, Steam Peas GNG: Chicken Chef Salad	30 A: Lasagna B: Pizza Toss Salad, Baby Carrots, Garlic Breadstick GNG: Chicken Salad on Ciabatta Bread	1 A: Popcorn Chicken B: Steak Sticks Mashed Potato, White Gravy Steam Broccoli, T-Roll GNG: Seven Layer Salad	2 A: Corn Dog B: Turkey & Cheese Panini Potato Smiles, Green Beans GNG: Tuna Sandwich	Lunch- Middle/Elem only Student—\$2.85 Adult—\$3.65 Juice—\$.50 Ala Cart

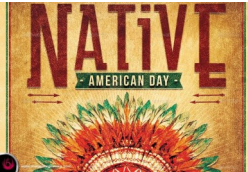


• GNG = Grab and Go Boxes



October



2018 Breakfast Sturgis/Whitewood/Piedmont/Middle School
Daily Breakfast includes fruit, juice and a variety of milk
 **Yogurt, Cereal, Bagel and Toast offered as daily entrees.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2017-2018 Free & Reduced Eligibility ends on October 10th, please submit a new application prior to then to avoid	1 A: Cheese Omelet & Toast B: Banana Bread	2 A: Cinnamon & Sugar Toast B: Scrambled Eggs & Toast	3 A: French Toast B: Banana Split w/ Yogurt	4 A: Egg & Cheese Biscuit B: Long John	5 <i>In-Service</i>	Breakfast Includes: Half-pint Milk Fruit or Juice
Incurring full price charges.	8 NO SCHOOL 	9 A: Flavored Pancakes B: Breakfast Sliders	10 A: Cheesy Eggs & Toast B: Long John	11 A: Yogurt Parfait B: Muffin	12 A: Mini Donuts B: Sausage, Egg & Cheese Bowl	Lunch Includes: Half-pint Milk
	15 A: Egg & Cheese Mini John B: Cinnamon Bread	16 A: Flavored Pancakes B: Cheese Omelet & Toast	17 A: Cinnamon & Sugar Toast B: Pancake On A Stick	18 A: Cinnamon Roll B: Breakfast Pizza	19 A: Cheesy Eggs & Toast B: Honey Bun	
Free & Reduced Applications are available at all school offices	22 A: Breakfast Pizza B: Mini Donuts	23 A: French Toast B: Banana Bread	24 A: Scrambled Eggs B: Cinnamon Bread	25 A: Biscuit & Gravy B: Cream Cheese Bagel	26 A: Cheese Omelet & Toast B: Long John	Meal Prices: Breakfast— Student—\$1.90 Adult—\$2.15
	29 A: Egg & Cheese Mini John B: Cinnamon Bread	30 A: Flavored Pancakes B: Cheese Omelet & Toast	31 A: Cinnamon & Sugar Toast B: Pancake On A Stick	1 A: Cinnamon Roll B: Breakfast Pizza	2 A: Cheesy Eggs & Toast B: Honey Bun	Lunch- Middle/Elem only Student—\$2.85 Adult—\$3.65 Juice—\$.50 Ala Cart