



AUBURN SCHOOL DISTRICT

Elementary School BREAKFAST - October 2019

MENU SELECTIONS MAY CHANGE BASED ON PRODUCT AVAILABILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AVAILABLE DAILY</p> <p>Choice of Cold Cereals Yogurt & Graham Crackers or Granola Whole Grain Muffin</p> <p>All Breakfast Meals include Fresh Fruit Bar & Choice of Milk. Choose 3 items for a complete meal.</p> <p>HARVEST OF THE MONTH FRESH CARROTS</p>		OCTOBER 1 Breakfast Sliders with Sausage, Egg, & Cheese Yogurt Smoothie with Cinnamon Crackers	OCTOBER 2 Breakfast Burrito with Egg, Cheese, Potato, & Turkey Sausage Honey Wheat Bar	OCTOBER 3 Yogurt Parfait Whole Grain Cinnamon Roll	OCTOBER 4 Breakfast Sandwich with Turkey Sausage, Egg, & Cheese BeneFIT Breakfast Bar
	OCTOBER 7 French Toast Sticks Scrambled Eggs with Toasted English Muffin	OCTOBER 8 Pancake & Sausage on a Stick Yogurt Smoothie with Cinnamon Crackers	OCTOBER 9 Breakfast Wrap Mini-Bagel with Cream Cheese	OCTOBER 10 Breakfast Pizza Whole Grain Cinnamon Roll	OCTOBER 11 NO SCHOOL
	OCTOBER 14 Turkey Ham & Cheese on Hawaiian Bun Maple Waffle	OCTOBER 15 Breakfast Sliders with Sausage, Egg, & Cheese Yogurt Smoothie with Cinnamon Crackers	OCTOBER 16 Breakfast Burrito with Egg, Cheese, Potato, & Turkey Sausage Honey Wheat Bar	OCTOBER 17 Yogurt Parfait Whole Grain Cinnamon Roll	OCTOBER 18 Breakfast Sandwich with Turkey Sausage, Egg, & Cheese BeneFIT Breakfast Bar
	OCTOBER 21 French Toast Sticks Scrambled Eggs with Toasted English Muffin	OCTOBER 22 Pancake & Sausage on a Stick Yogurt Smoothie with Cinnamon Crackers	OCTOBER 23 Breakfast Wrap Mini-Bagel with Cream Cheese	OCTOBER 24 Breakfast Pizza Whole Grain Cinnamon Roll	OCTOBER 25 Breakfast Taco Mini Pancakes
	OCTOBER 28 Turkey Ham & Cheese on Hawaiian Bun Maple Waffle	OCTOBER 29 Breakfast Sliders with Sausage, Egg, and Cheese Yogurt Smoothie with	OCTOBER 30 Breakfast Burrito with Egg, Cheese, Potato, and Turkey Sausage Honey Wheat Bar	OCTOBER 31 Yogurt Parfait Whole Grain Cinnamon Roll	

FRUIT BAR INCLUDES A ROTATING SELECTION OF: APPLES, ORANGES, KIWI, PINEAPPLE, HONEYDEW MELON, CANTELOUPE MELON, AND OTHER SEASONAL ITEMS

STAY UP TO DATE AT: WWW.AUBURN.WEDNET.EDU/CHILDNUTRITION

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AUBURN SCHOOL DISTRICT

Elementary School LUNCH - October 2019

MENU SELECTIONS MAY CHANGE BASED ON PRODUCT AVAILABILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AVAILABLE DAILY</p> <p>Variety of Sandwiches Yogurt & Graham Crackers or Granola</p> <p>All Lunch Meals include Fruit and Vegetable Bar and your Choice of Milk. Choose 3 components (food groups) for a complete meal.</p> <p>HARVEST OF THE MONTH FRESH CARROTS</p> 		<p>OCTOBER 1 Filipino Pancit with Chicken And a Whole Grain Roll</p>	<p>OCTOBER 2 Corn Dog With French Fries</p>	<p>OCTOBER 3 Pizza Quesadilla With Sour Cream and Salsa</p>	<p>OCTOBER 4 Chicken Nuggets With Ranch Mashed Potatoes and a Breadstick</p>
	<p>OCTOBER 7 Pasta with Meat Sauce and a Breadstick</p>	<p>OCTOBER 8 Thai Curry Chicken With Brown Rice</p>	<p>OCTOBER 9 McAuburn Burger on a Whole Wheat Bun With Potato Smiles</p>	<p>OCTOBER 10 Beef Tacos</p>	<p>OCTOBER 11 NO SCHOOL</p>
	<p>OCTOBER 14 Cheese or Pepperoni Pizza</p>	<p>OCTOBER 15 Teriyaki Chicken With Brown Rice</p>	<p>OCTOBER 16 Chicken Burger or Spicy Chicken Burger on a Whole Wheat Bun</p>	<p>OCTOBER 17 Chicken Enchilada With Sour Cream and Salsa</p>	<p>OCTOBER 18 Nachos!</p>
	<p>OCTOBER 21 Hamburger on a Whole Wheat Bun</p>	<p>OCTOBER 22 Orange Chicken With Brown Rice</p>	<p>OCTOBER 23 Chicken and Waffles</p>	<p>OCTOBER 24 Pizza Quesadilla With Sour Cream and Salsa</p>	<p>OCTOBER 25 Popcorn Chicken With Mashed Potatoes and a Breadstick</p>
	<p>OCTOBER 28 Pasta with Meat Sauce and Garlic Bread</p>	<p>OCTOBER 29 Corn Dog With French Fries</p>	<p>OCTOBER 30 McAuburn Burger on a Whole Wheat Bun With Potato Smiles</p>	<p>OCTOBER 31 Italian Cheese-Stuffed Breadsticks With Marinara Dipping Sauce and a Fall Cookie</p>	

FRUIT AND VEGETABLE BAR INCLUDES A ROTATING SELECTION OF: SALAD (ROMAINE, SPINACH, AND CAESAR), BROCCOLI, CARROTS, RED BELL PEPPERS, TOMATOES, CORN, GREEN PEAS, CUCUMBERS, CAULIFLOWER, CELERY, COLESLAW, APPLES, ORANGES, KIWI, PINEAPPLE, HONEYDEW MELON, CANTELOUPE MELON, AND OTHER SEASONAL ITEMS

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