



AUBURN SCHOOL DISTRICT

Middle School BREAKFAST - October 2019

MENU SELECTIONS MAY CHANGE BASED ON PRODUCT AVAILABILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AVAILABLE DAILY Variety of Cold Cereal Yogurt & Graham Crackers or Granola Variety of Muffins All Meals include Fresh Fruit Bar & Choice of Milk Choose 3 food items for a complete meal		OCTOBER 1 Breakfast Sliders Yogurt Smoothie with Cinnamon Crackers	OCTOBER 2 Breakfast Burrito Mini Bagels with Cream Cheese	OCTOBER 3 Yogurt Parfait with Granola Whole Grain Cinnamon Roll	OCTOBER 4 Egg & Cheese Breakfast Sandwich BeneFit Cereal 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 Bacon & Egg Breakfast Pizza Honey Wheat Breakfast Bar	OCTOBER 10 Breakfast Wrap with Egg, Cheese, and Sausage Whole Grain Cinnamon Roll	OCTOBER 11 Rolled Egg & Cheese Taco Mini Pancakes
HARVEST OF THE MONTH FRESH CARROTS 	OCTOBER 14 Tukey, Ham, & Cheese on a Hawaiian Bun Maple Waffle	OCTOBER 15 Breakfast Sliders Yogurt Smoothie with Cinnamon Crackers	OCTOBER 16 Breakfast Burrito Mini Bagels with Cream Cheese	OCTOBER 17 Yogurt Parfait with Granola Whole Grain Cinnamon Roll	OCTOBER 18 Egg & Cheese Breakfast Sandwich BeneFit Cereal 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 Bacon & Egg Breakfast Pizza Honey Wheat Breakfast	OCTOBER 24 Breakfast Wrap with Egg, Cheese, and Sausage Whole Grain Cinnamon Roll	OCTOBER 25 Rolled Egg & Cheese Taco Mini Pancakes
	OCTOBER 28 Tukey, Ham, & Cheese on a Hawaiian Bun Maple Waffle	OCTOBER 29 Breakfast Sliders Yogurt Smoothie with Cinnamon Crackers	OCTOBER 30 Breakfast Burrito Mini Bagels with Cream Cheese	OCTOBER 31 Yogurt Parfait with Granola Whole Grain Cinnamon Roll	

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

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

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AUBURN SCHOOL DISTRICT Middle 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 Variety of Burgers All Meals include Fresh Fruit & Vegetable Bar & Choice of Milk Choose 3 components (food groups) for a complete meal</p> <p>HARVEST OF THE MONTH</p> <p>FRESH CARROTS</p> 		<p>OCTOBER 1 McAuburn Burger With Potato Smiles</p>	<p>OCTOBER 2 Pizza Quesadilla With Sour Cream And Salsa</p>	<p>OCTOBER 3 Teriyaki Chicken With Brown Rice Brownie</p>	<p>OCTOBER 4 Chicken Nuggets With Ranch Mashed Potatoes And a Breadstick</p>
	<p>OCTOBER 7 Pasta with Beef Marinara Sauce and Garlic Bread</p>	<p>OCTOBER 8 Barbeque Pulled Chicken Sandwich</p>	<p>OCTOBER 9 Beef & Cheese Taco With Sour Cream And Salsa</p>	<p>OCTOBER 10 Filipino Pancit with Chicken</p>	<p>OCTOBER 11 Macaroni & Cheese Garlic Bread Brownie</p>
	<p>OCTOBER 14 Corn Dog With French Fries</p>	<p>OCTOBER 15 Lasagna Roll-Ups With Garlic Bread</p>	<p>OCTOBER 16 Chicken Enchilada With Sour Cream And Salsa</p>	<p>OCTOBER 17 Thai Chicken Curry With Brown Rice</p>	<p>OCTOBER 18 Nachos With Sour Cream And Salsa</p>
	<p>OCTOBER 21 Italian Cheese-Stuffed Sticks With Marinara Dipping Sauce</p>	<p>OCTOBER 22 Barbeque Chicken Burger With Potato Smiles</p>	<p>OCTOBER 23 Pizza Quesadilla With Sour Cream And Salsa</p>	<p>OCTOBER 24 Orange Chicken With Brown Rice</p>	<p>OCTOBER 25 Popcorn Chicken With Mashed Potatoes And a Breadstick</p>
	<p>OCTOBER 28 Chicken and Waffles</p>	<p>OCTOBER 29 Chicken Tenders With a Breadstick</p>	<p>OCTOBER 30 Beef & Cheese Taco With Sour Cream And Salsa</p>	<p>OCTOBER 31 Spaghetti With Meatballs Fall Seasonal Cookie</p>	

FRUIT AND VEGETABLE BAR INCLUDES A ROTATING SELECTION OF: SALADS, BROCCOLI, RED BELL PEPPERS, TOMATOES, CARROTS, CORN, GREEN PEAS, CUCUMBERS, CAULIFLOWER, CELERY, COLESLAW, APPLES, ORANGES, KIWI, PINEAPPLE, MELON, AND OTHER SEASONAL ITEMS

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