

*Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Quick bread/yogurt cup OR Assorted cereal/yogurt cup Variety of fruit 100% fruit/veg juice</p>	<p>3</p> <p>Warm cinnamon roll OR Warm bagel/cream cheese Variety of fruit 100% fruit/veg juice</p>	<p>4</p> <p>Assorted cereal/hard boiled egg OR Cinnamon triangles/yogurt Variety of fruit 100% fruit/veg juice</p>	<p>5</p> <p>Biscuits with sausage gravy OR Cottage cheese cup/warm churro Variety of fruit 100% fruit/veg juice</p>	<p>National World Smile Day 6</p> <p>Scrambled eggs/smile fries OR Assorted cereal/smile fries Variety of fruit Assorted fruit/veg juice</p>
<p>9</p> <p>Mini strawberry pancakes OR Egg and bacon breakfast pizza Variety of fruit 100% fruit/veg juice</p>	<p>10</p> <p>Egg and cheese breakfast sandwich OR Surprise! Variety of fruit 100% fruit/veg juice</p>	<p>National Sausage Pizza Day 11</p> <p>Sausage breakfast round OR Cereal bar/cheese stick Variety of fruit 100% fruit/veg juice</p>	<p>12</p> <p>B&C scrambled eggs/blueberry muffin OR Assorted cereal/blueberry muffin Variety of fruit 100% fruit/veg juice</p>	<p>13</p> <p>Breakfast pretzel/cheese cup OR Hot oatmeal/pop-tart Variety of fruit 100% fruit/veg juice</p>
<p>16</p> <p>Breakfast burrito OR Granola bar/cheese stick Variety of fruit 100% fruit/veg juice</p>	<p>17</p> <p>Fruit smoothie/giant dipping graham cracker OR Warm apple bosco stick Variety of fruit 100% fruit/veg juice</p>	<p>18</p> <p>Egg and ham English muffin OR Banana bread/Go-Gurt Variety of fruit 100% fruit/veg juice</p>	<p>19</p> <p>Mini donuts OR Assorted cereal/toast Variety of fruit 100% fruit/veg juice</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>NO SCHOOL</p>	<p>24</p> <p>Cinnamon breakfast cookie/yogurt OR Pop-tart/cheese stick Variety of fruit 100% fruit/veg juice</p>	<p>25</p> <p>Hot griddle breakfast sandwich OR Egg and bacon breakfast toast Variety of fruit 100% fruit/veg juice</p>	<p>26</p> <p>French toast sticks OR Assorted cereal/raspberry churro Variety of fruit 100% fruit/veg juice</p>	<p>27</p> <p>Mini biscuits with gravy/sausage patty OR Assorted cereal/mini biscuit Variety of fruit 100% fruit/veg juice</p>
<p>National Candy Corn Day 30</p> <p>Candy corn waffles OR Candy corn fruit parfait/pumpkin muffin Variety of fruit 100% fruit/veg juice</p>	<p>Happy Halloween 31</p> <p>Monster mouth donut ring OR Monster Mash Variety of fruit 100% fruit/veg juice</p>			

The five "powers" of breakfast are feeling better, better concentration, better reaction times, higher energy levels, and better test scores.
 What is the only breakfast bread product that is boiled before it is baked?
 In what country would you find spaghetti or baked beans for breakfast?



OCTOBER 2017

Douglas County West Community Schools

Lunch Prices:
PK/Elem: \$2.40
MS/HS: \$2.65
Adult/Visitor: \$3.55

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Monday	Tuesday	Wednesday	Thursday	Friday
Shrimp poppers 2 OR Turkey club croissant Dill sliced cucumbers Mixed fruit Frozen dessert Fruit/veggie bar	Chicken cordon blue sandwich 3 OR French dip/Au Jus Asian noodle salad Fresh orange slices Fruit/veggie bar	National Taco Day 4 Chicken soft shell taco OR Beef hard shell taco Cilantro lime rice/black bean salsa Fresh kiwi Strawberry shortcake cookie	Mini cheese pizza 5 OR Surprise! Cooks Choice Carrot and celery sticks Fresh fruit medley Fruit/veggie bar	National Noodle Day 6 Beefy pasta macaroni OR Rotini chicken Alfredo Warm garlic bread Sweet peas Very cherry fruit cocktail
National School Lunch Week Kids Favorite Foods 7 Chicken nuggets OR Pizza crunchers Baked beans/franks Rosy applesauce	Walking taco 10 OR Mac & cheese/chicken sticks Sweet corn Red grape clusters Mini chocolate chip cookies Fruit/veggie bar	State fair corn dog 11 OR Pepperoni pizza wedge Cheesy broccoli & cauliflower Fresh apple slices Fruit/veggie bar	Cheese bread dunkers 12 OR Hot dog on bun Honey glazed carrots Fresh banana M&M trail mix Fruit/veggie bar	Crisпитos/cheese sauce 13 OR Smile chicken Smile fries Lemon berry fruit cup Fruit/veggie bar
Three meat Stromboli/sauce 16 OR Shredded chicken sandwich Pea & tomato salad Pineapple rings Fruit/veggie bar	BBQ pork rib let on hoagie 17 OR Hawaiian meatballs/steamed rice Sweet mandarin oranges Broccoli raisin salad Fruit/veggie bar	National Chocolate Cupcake Day 18 Nachos grande OR Chicken quesadilla Diced cucumbers & tomatoes Fresh fruit medley Chocolate cupcake	Salisbury steak/dinner roll 19 OR Turkey and gravy/dinner roll Loaded mashed potatoes Fresh halved kiwi Fruit topped cookie Fruit/veggie bar	20 NO SCHOOL
23 NO SCHOOL	French toast/sausage links 24 OR Ham and cheese ciabatta Seasoned fries Strawberries Fruit/veggie bar	Fiestada 25 OR Chicken parmesan/buttered pasta Green beans Diced peaches Fruit/veggie bar	Lasagna roll-ups/garlic bread 26 OR Hand pulled pork on pretzel roll Broiled fresh asparagus Fresh orange slices Fruit/veggie bar	Breaded chicken strips 27 OR Breaded pork steak Macaroni and corn casserole Triple berries/angel food cake Fruit/veggie bar
National Candy Corn Day 30 Teriyaki chicken/quinoa OR Turkey and cheese melt Confetti slaw Diced pears Pumpkin candy corn fluff	Happy Halloween 31 Halloween nuggets OR Spooky white pizza Spider fries Jack-O-Lantern cuties Monster Munch			

October 9th thru the 13th is National School Lunch Week

We are celebrating this week with kid's favorite foods and we will be giving away great prizes to lucky winners all week. The only thing you have to do is **EAT SCHOOL LUNCH!**

Details coming soon!

*This institution is an equal opportunity provider