

Sayre Public School

OCTOBER Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Blueberry Pancake Bites, Trix Yogurt Cereal, Fruit, Juice, Milk ~~ Pizza Pasta, Caesar Salad, Breadstick, Fruit, Salad Bar, Milk	3 Breakfast Burrito, Cereal, Fruit, Juice, Milk ~~ Popcorn Chicken, Mashed Potatoes & Gravy, Dinner Roll, Fruit, Salad Bar, Milk	4 Yogurt Parfait, Cereal, Fruit, Juice, Milk ~~ Soft Beef Taco, Refried Beans, Spanish Rice, Chips & Salsa, Salad Bar, Fruit, Milk	5 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Ranch Roasted Pork Loin, Green Beans, Roasted Carrots, Roll, Fruit, Salad Bar, Milk	6 NO SCHOOL P/T CONFERENCES
9 NO SCHOOL FALL BREAK	10 NO SCHOOL FALL BREAK	11 NO SCHOOL FALL BREAK	12 NO SCHOOL FALL BREAK	13 NO SCHOOL FALL BREAK
16 Breakfast Bagel (Sausage, Egg, Cheese), Fruit, Juice, Milk ~~ Chicken and Noodles, Mashed Potatoes, Roasted Carrots, Dinner Roll, Fruit, Salad Bar, Milk	17 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Corn Dog, Mac and Cheese, Green Bean, Fruit, Salad Bar, Milk	18 Yogurt Parfait, Cereal, Fruit, Juice, Milk ~~ Chicken Fajitas, Spanish Rice, Refried Beans, Chips & Salsa, Fruit, Salad Bar, Milk	19 French Toast Bites, Cereal, Fruit, Juice, Milk ~~ Cheeseburger, Tater Tots, Salad Bar, Fruit, Milk	20 Breakfast Pizza Flatbread, Cereal, Fruit, Juice, Milk ~~ Deli Wrap, Garden Salad, Doritos, Fruit, Salad Bar, Milk
23 Biscuit & Gravy, Cereal, Fruit, Juice, Milk ~~ Meatball Sub, Potato Chips, Carrot and Ranch, Salad Bar, Fruit, Milk	24 Waffles (2 each)w/Toppings, Cereal, Fruit, Juice, Milk ~~ Chicken Enchilada, Refried Beans, Spanish Rice, Chips & Salsa, Salad Bar, Fruit, Milk	25 Toast, Breakfast Scramble, Fruit, Juice, Milk ~~ Pineapple Glazed Ham, Loaded Mashed Potatoes, Green Beans, Dinner Roll, Salad Bar, Fruit, Milk	26 Cinnamon Roll, Cereal, Fruit, Juice, Milk ~~ BBQ Pulled Pork Sandwich, French Fries, Fruit, Salad Bar, Milk	27 Pancake on a Stick, Cereal, Fruit, Juice, Milk ~~ Stromboli, Marinara Sauce, Caesar Salad, Salad Bar, Fruit, Milk
30 Oatmeal w/Toppings Bar, Cereal, Fruit, Juice, Milk ~~ Taco Soup, Chips & Salsa, Beans, Salad Bar, Fruit, Milk	31 Cinnamon Toast, Scrambled Eggs, Cereal, Fruit, Juice, Milk ~~ Mummy Dog/ "Pig in Blanket", Mac & Cheese, Green Beans, Dirt Cake, Salad Bar, Fruit, Milk	1 Sausage & Egg Biscuit, Cereal, Fruit, Juice, Milk ~~ French Dipped Sandwich, Parmesan Fries, Fruit, Salad Bar, Milk	2 Donut, Cereal, Fruit, Juice, Milk ~~ Country Fried Steak, Mashed Potatoes & Gravy, Roasted Carrots, Dinner Roll, Salad Bar, Fruit, Milk	3 Blueberry Muffin, Trix Yogurt, Fruit, Juice, Milk ~~ Flatbread Cheese Pizza, Italian Salad, Fruit, Salad Bar, Milk

This institution is an equal opportunity provider.