

October

SPRING VALLEY C.C.S.D. #99 BREAKFAST MENU

Milk Served With All Meals

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

Cereal
Toast
Jelly
Fruit

2

2 pancakes
Syrup
Fruit

3

4

5

Cereal
Toast
Jelly
Fruit

6

Pancake/sausage on a
stick
Syrup
Fruit

7

Cereal
Toast
Jelly
Fruit

8

2 pancakes
Syrup
Fruit

9

No School – Teacher
Institute

10

11

12

No School –
Columbus Day

13

Cereal
Toast
Jelly
Fruit

14

2 pancakes
Syrup
Fruit

15

Cereal
Toast
Jelly
Fruit

16

2 cinnamon waffles
Syrup
Fruit

17

18

19

Cereal
Toast
Jelly
Fruit

20

3 French toast sticks
Syrup
Fruit

21

Cereal
Toast
Jelly
Fruit

22

2 pancakes
Syrup
Fruit

23

Cereal
Toast
Jelly
Fruit

24

25

26

Cinnamon pastries
Fruit

27

Cereal
Toast
Jelly
Fruit

28

2 pancakes
Syrup
Fruit

29

Cereal
Toast
Jelly
Fruit

30

Breakfast pizza/gravy
Fruit

31

2009

October

Sun

Mon

Tue

Wed

Thu
1

Fri
2

Sat
3

4

5
Chicken patty on a bun
Buttered noodles
Green beans
Peaches

6

Ham & cheese melt sandwich
French fries
Peas
Pineapple

7

Cheese pizza
Lettuce salad
Oil & vinegar dressing
Graham crackers
Strawberries and whipped crème

8

Hamburger on a bun
Cheese slice
Pickle slices
French fries
Green beans
Apricots

Spanish rice with ground beef
Nachos & cheese
Corn
Pears

9

Texas Straw Hats (Taco meat & corn chips)
Shredded cheese
Salsa
Corn
Teddy Grahams
Applesauce

10

No School – Teacher Institute

11

12
No School – Columbus Day

13

Chicken nuggets
BBQ sauce
French fries
Green beans
Mixed fruit

14

Cheese & sausage pizza
Lettuce salad
French dressing
Trail mix
Fruit salad

15

Turkey & noodles
Green beans
Bread & butter
Peaches

16

Ham & cheese wrap w/lettuce tomato
French fries
Graham cracker
Fruit snack

17

18

19
Hamburger on a bun
Cheese slice
Pickle slices
French fries
Carrots
Strawberries

20

BBQ on a bun
Smile potatoes
Corn on the cob
Peaches

21

Pepperoni pizza
Lettuce salad
Vinegar & oil dressing
Rice krispie treats
Pears

22

Spaghetti & meat sauce
Shredded cheese
Garlic toast
Orange fruited jello

23

Sub sandwich w/ham, cheese, lettuce & tomato
Chips
Carrot sticks & dip
Pineapple

24

25

26
Corn dog
French fries
Green beans
Peaches

27

Diced ham
Sweet potatoes
Corn
Bread & butter
Pineapple

28

Cheese pizza
Lettuce salad
French dressing
Pumpkin bar w/crème cheese frosting
Peaches

29

Turkey & gravy
Mashed potatoes
Green beans
Bread & butter
Pears

30

Ghostly cheeseburger on a bun
Pickle slices
Creepy fries
Goopy peas
Jack-o-lantern orange wedges

31