



**SCHUYLKILL HAVEN AREA SCHOOL DISTRICT
BREAKFAST & LUNCH MENU
OCTOBER 2017**



Monday		Wednesday		Thursday		Friday			
2	<u>BREAKFAST</u> Fruit Mini-Muffin Whole Grain Cereal Fresh Fruit or Juice Milk <u>LUNCH</u> A. Hot Dog B. Chicken Patties C. P.B. & Jelly Baked Beans Sauerkraut Mashed Potatoes Applesauce Orange	3	<u>BREAKFAST</u> Egg & Cheese Omelet Fresh Fruit or Juice Milk <u>LUNCH</u> A. Chicken Nuggets B. Chicken Patties C. P.B. & Jelly Peas Buttered Pasta Strawberry Cup Apple	4	<u>BREAKFAST</u> Bagel Yogurt Fresh Fruit or Juice Milk <u>LUNCH</u> A. Cheese Steak B. Chicken Patties C. P.B. & Jelly Corn French Fries Peaches Banana	5	<u>BREAKFAST</u> Mini-Waffles Fresh Fruit or Juice Milk <u>LUNCH</u> A. Lasagna B. Chicken Patties C. P.B. & Jelly Tossed Salad Grape Tomatoes Fruit Sherbet Pears	6	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pizza Wedge B. Chicken Patties C. P.B. & Jelly Baby Carrots Summer Blend Vegetables Pineapples Grapes
9	NO SCHOOL <u>INSERVICE DAY</u>	10	<u>BREAKFAST</u> Pancakes Fresh Fruit or Juice Milk <u>LUNCH</u> A. Pasta w/Meat Sauce B. Pizza C. P.B. & Jelly Garbanzo Beans Romaine Salad - Tomatoes Dinner Roll (HS) Pears Clementine	11	<u>BREAKFAST</u> Pop Tart Whole Grain Cereal Fresh Fruit or Juice Milk <u>LUNCH</u> A. Pop-Corn Chicken B. Pizza C. P.B. & Jelly Peas Rice Cucumber Slices Pineapples Grapes	12	<u>BREAKFAST</u> Nutri-Grain Bar Fresh Fruit or Juice Milk <u>LUNCH</u> A. Ham & Cheese Sub B. Pizza C. P.B. & Jelly BBQ Sauce Sun Chips Baby Carrots Mandarin Oranges Peaches	13	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Toasted Cheese B. Pizza C. P.B. & Jelly Celery w/Dip Tomato Soup Banana Applesauce
16	<u>BREAKFAST</u> Oatmeal Bar Yogurt Fresh Fruit or Juice Milk <u>LUNCH</u> A. Cheese Burger B. Hot Dog C. P.B. & Jelly Lettuce Tomato Cup Potato Fries Apple Slices Mixed Fruit	17	<u>BREAKFAST</u> Fruit-Filled Pancakes Fresh Fruit or Juice Milk <u>LUNCH</u> A. Chicken Stew B. Hot Dog C. P.B. & Jelly Bread Stick Cucumber Slices Peach Cup Oranges	18	<u>BREAKFAST</u> French Toast Sticks Fresh Fruit or Juice Milk <u>LUNCH</u> A. Hot Pockets B. Hot Dog C. P.B. & Jelly Romaine Salad Grape Tomatoes Garbanzo Beans Pears Peaches	19	<u>BREAKFAST</u> Graham Crackers Yogurt Fresh Fruit or Juice Milk <u>LUNCH</u> A. Taco In A Bag B. Hot Dog C. P.B. & Jelly Salsa - Cheese Soft Pretzel Lettuce Tomato Cup Grapes Sherbert	20	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Mac & Cheese B. Hot Dog C. P.B. & Jelly Summer Blend Vegetables Stewed Tomatoes Apple Pineapples
23	<u>BREAKFAST</u> Bagel & Yogurt Fresh Fruit & Juice Milk <u>LUNCH</u> A. Chicken Strips B. Beef Rib C. P.B. & Jelly Buttered Pasta Winter Blend Vegetables Peaches Mixed Fruit	24	<u>BREAKFAST</u> Chocolate Chip Waffle Fresh Fruit or Juice Milk <u>LUNCH</u> A. Hot Ham & Cheese B. Beef Rib C. Ham on Roll Potato Tots Celery & Carrots w/Dip Banana Juice Cup	25	<u>BREAKFAST</u> Whole Grain Cereal Mini Muffin Fresh Fruit or Juice Milk <u>LUNCH</u> A. Beef Ravioli w/Muffin B. Beef Rib C. P.B. & Jelly Cucumbers String Cheese Romaine Salad Mandarin Oranges Pears	26	<u>BREAKFAST</u> Breakfast Pizza Fresh Fruit or Juice Milk <u>LUNCH</u> A. Beef BBQ B. Beef Rib C. P.B. & Jelly Hash Brown Cucumbers Peach Cup Apple	27	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pierogies B. Beef Rib C. P.B. & Jelly Garbanzo Beans Romaine Salad Green Beans Tropical Fruit Grapes

Breakfast..... \$1.10
Breakfast (Reduced)... \$0.30
Lunch (Reduced)..... \$0.40

LUNCH
Elementary..... \$2.35
Middle School..... \$2.45
High School..... \$2.65

*MENUS SUBJECT TO CHANGE AS REQUIRED.
Choice of fresh fruits, salads and vegetables daily
Choice of 1%, chocolate and skim milk available daily