

Charter Oak-Ute Community School - Breakfast & Lunch Menu

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast: French Toast Sticks, Little Smokies Lunch: Nacho Supreme, Romaine, Cheese, Strawberry Shortcake	3 Breakfast: Biscuits and Gravy Lunch: Chicken Fajita Wrap, Lettuce, Cheese, Cookie, Peaches	4 Breakfast: Cheese Omelet, Toast Lunch: McRib on WG Bun, Green Beans, Sweet Potatoes Wedges, Mandarin Oranges	5 Breakfast: Bagel, Sausage Lunch: Hot Dog on WG Bun, Baked Beans, Sun Chips, Pears	6 No School
9 Breakfast: Breakfast Bar Lunch: Shrimp Poppers, Peas, Fries, WG Roll, Pineapple	10 Breakfast: Pancakes, Sausage Lunch: Hot Ham and Cheese on WG Bun, Baked Beans, Grapes	11 Breakfast: Breakfast Pizza Lunch: Chicken Alfredo, Broccoli, Breadstick, Romaine Salad, Applesauce	12 Breakfast: Breakfast Bar Lunch: Country Fried Steak, Potatoes, Gravy, Mixed Veggie, WG Roll, Peaches	13 Breakfast: Cereal, Yogurt Lunch: Crispito, Cheese Sauce, Corn, Cookie, Mixed Fruit
16 Breakfast: Breakfast Pizza Lunch: Chicken Quasadilla, Romaine/Tomato Salad, Brownie, Carrots, Fruit Slushie	17 Breakfast: Pancake Sausage on a Stick, Hashbrown Lunch: Ham, Turkey, Cheese Sub Sandwich, Coleslaw, Chips, Banana	18 Breakfast: Scrambled Eggs, Toast Lunch: Beef Taco, Refried Beans, Lettuce, Cheese, Salsa, Pears, Churro	19 Breakfast: Burrito, Muffin Lunch: Cream Chicken over Biscuit, Mixed Veggie, Cookie, Mandarin Oranges	20 Breakfast: Roll, Yogurt Lunch: Hamburger on WG Bun, Baked Beans, Potato Salad, Peaches
23 Breakfast: Breakfast Bar Lunch: Chicken Noodle Soup, Cinnamon Roll, Cheese Stick, Broccoli, Cauliflower, Applesauce	24 Breakfast: Pancake, Sausage Lunch: Corn Dog, Green Beans, Hashbrown, Fresh Fruit	25 Breakfast: Cheese Omelet, Toast Lunch: Spaghetti with Meat Sauce, Romaine/Spinach Salad, Breadstick, Cottage Cheese, Peaches	26 Breakfast: Bagel, Sausage Lunch: Loosemeat on WG Bun, Baked Beans, Baked Chips, Pears	27 Breakfast: Cereal, Yogurt Lunch: Pizza, Corn, Lettuce Salad, Cookie, Mixed Fruit
30 Breakfast: French Toast Sticks, Smokies Lunch: Chicken and Rice, Mixed Veggies, Pineapple, Pumpkin Bars	31 Breakfast: Breakfast Pizza Lunch: Hot Dog on WG Bun, Baked Beans, Chips, Banana			