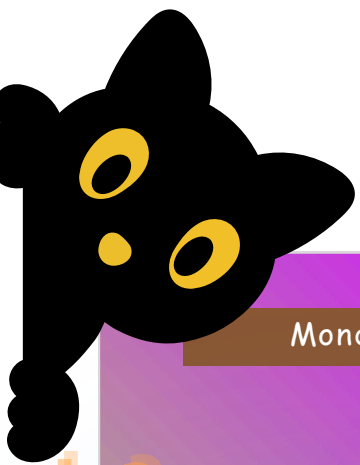
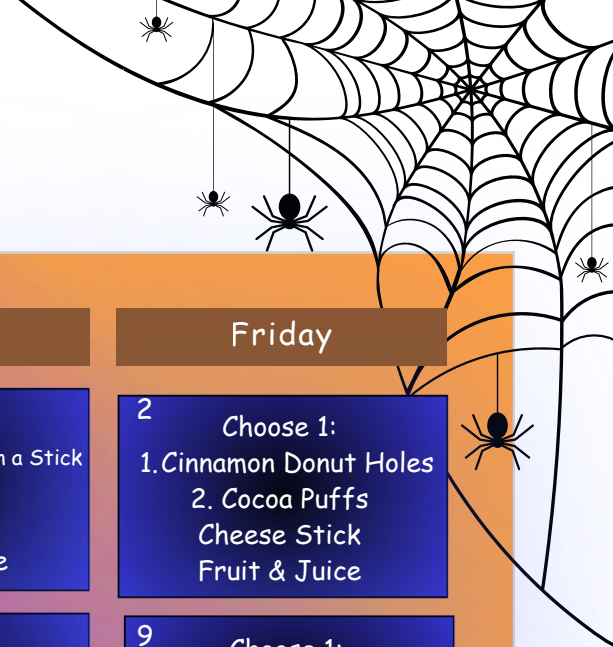




October

Grizzly Cafe



Monday

Tuesday

Wednesday

Thursday

Friday

Menus are subject to change
based on item availability and quality.

All Meals are served with
1% White Milk or 1% Chocolate Milk

5 Choose 1:
1. Strawberry Oatmeal Bar
2. Trix
Cheese Stick
Fruit & Juice

6 Choose 1:
1. Cook's Choice
2. Chat Snax
Yogurt
Fruit & Juice

7 Choose 1:
1. Smoothie
2. Frosted Mini Wheats
Cheese Stick
Fruit & Juice

1 Choose 1:
1. Pancake & Sausage on a Stick
2. GoldFish
Yogurt
Fruit & Juice

2 Choose 1:
1. Cinnamon Donut Holes
2. Cocoa Puffs
Cheese Stick
Fruit & Juice

8 Choose 1:
1. Bagel w/ Cream Cheese
2. GoldFish
Yogurt
Fruit & Juice

9 Choose 1:
1. Cosmic Confetti Waffle
2. Cocoa Puffs
Cheese Stick
Fruit & Juice

12
No School

13 Choose 1:
1. Cinnamon Roll
2. Chat Snax
Yogurt
Fruit & Juice

14 Choose 1:
1. Muffin
2. Frosted Mini Wheats
Cheese Stick
Fruit & Juice

15 Choose 1:
1. Yogurt Parfait
2. GoldFish
Cheese Stick
Fruit & Juice

16 Choose 1:
1. Glazed Pull Apart Donut
2. Cocoa Puffs
Cheese Stick
Fruit & Juice

19 Choose 1:
1. Chocolate Chip Oatmeal Bar
2. Trix
Cheese Stick
Fruit & Juice

20 Choose 1:
1. Sausage & Cheese McMuffin
2. Chat Snax
Yogurt
Fruit & Juice

21 Choose 1:
1. Smoothie
2. Frosted Mini Wheats
Cheese Stick
Fruit & Juice

22 Choose 1:
1. Bagel w/ Peanut Butter
2. GoldFish
Yogurt
Fruit & Juice

23 Choose 1:
1. Mini Maple Waffles
2. Cocoa Puffs
Cheese Stick
Fruit & Juice

26 Choose 1:
1. Double Chocolate Oatmeal Bar
2. Trix
Cheese Stick
Fruit & Juice

27 Choose 1:
1. Egg & Cheese Burrito
2. Chat Snax
Yogurt
Fruit & Juice

28 Choose 1:
1. Muffin
2. Frosted Mini Wheats
Cheese Stick
Fruit & Juice

29 Choose 1:
1. Pancake & Sausage on a Stick
2. GoldFish
Yogurt
Fruit & Juice

30 Choose 1:
1. Cinnamon Donut Holes
2. Cocoa Puffs
Cheese Stick
Fruit & Juice

Breakfast

Break and Lunch are FREE daily!

This institute is an equal opportunity provider.

October

Grizzly Cafe

Monday

Tuesday

Wednesday

Thursday

Friday

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All Meals are served with
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Cultural Day: Jamaica

1
Jamaican Chicken Curry
Yellow Rice
Pineapple

2
Chef Salad
Croutons & Pretzels
Apple Slices

5
Chicken Sandwich
Baked Beans
Peaches

6
Sausage Gravy
Biscuit
Carrots
Mixed Fruit

7
Bosco Sticks
Marinara Sauce
Broccoli
Applesauce

8
Lasagna
Breadstick
Green Beans
Oranges

9
Pancake, Sausage &
Cheese Sandwich
Hashbrown Starz
Orange Juice

12
No School

13
Chicken Strips
Dutch Waffles
Carrots
Baked Apples

14
Soft Pretzel
Cheese Sauce
Broccoli
Lemonade Smoothie

15
BigTop Cheeseburger
Onion Rings
Baked Beans
Carnival Cookie
Peaches

16
Corn Dog
Fries
Slushie

19
Chicken Nuggets
Fries
Pears

20
Breakfast Fried Rice
Carrots
Grapes

21
Pizza Crunchers
Broccoli
Applesauce

22
Crispitos
Tortilla Chips & Salsa
Corn & Pineapple

23
BBQ Riblet Sandwich
Baked Beans
Sidekick

26
Walking Tacos
Beans
Peaches

27
Chicken Pot Pie
Mashed Potatoes
Oranges

28
Pizza
Broccoli
Applesauce

29
Hot Dog on a Bun
Chips
Carrots
Strawberry Cup

30
Ghostly Goulash
Slime Bubble Peas
Poison Apple

Try it Tuesday

National School
Lunch Week

Break and Lunch are FREE daily!

This institute is an equal opportunity provider.

Lunch

