

Breakfast Served:
8:00 a.m. at **BOTH**
Elementary and
Jr-Sr High School

SIGOURNEY COMMUNITY SCHOOLS

Breakfast and Lunch Menu - OCTOBER 2011

SCSD is an equal opportunity
provider and employer.
*Menu is subject to change
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast.	October 3 NO SCHOOL Alternative Lunch: Hamburger on WG Bun	October 4 Breakfast Pizza ----- French Toast, Little Smokies, Hash Browns, Mixed Fruit	October 5 Long John ----- Chicken & Noodles, Whipped Potatoes, Fresh Orange, Wheat Roll	October 6 Scrambled Eggs & Ham, Cinnamon Toast ----- Chili Dog, Fresh Vegetables & Dip, Rosy Applesauce, Banana Bar	October 7 Breakfast Bar, WW Toast ----- Meatball Sub, WG Bun, Buttered Pasta, Tossed Salad, Grapes
Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hot Ham on WG Bun	October 10 Cooks Choice ----- Cheeseburger, WG Bun, Oven Fries, Green Beans, Strawberries	October 11 Cheese Omelet, Wheat Toast ----- WG Pizza [school made], Corn, Peaches, Peanut Butter Cookie	October 12 Breakfast on a Stix ----- WG Spaghetti & Meat Sauce, Tossed Salad, Pears, French Bread	October 13 Fruit & Yogurt Parfait ----- Burrito, Nachos & Cheese, Baby Carrots & Dip, Applesauce	October 14 Asst. Cereal or Oatmeal, WW Toast ----- Fish Sandwich, Cottage Cheese, Peas, Pineapple
Alternative Lunch: Toasted Cheese Sandwich	October 17 Egg Patty & Bagel w/ Cream Cheese ----- Breaded Pork Patty, WG Bun, Baked Beans, Tossed Salad, Fruit Crisp	October 18 Sausage Biscuit ----- Salisbury Steak, Whipped Potatoes, Apple Wheat Roll	October 19 Mini Pancakes ----- Tacos, (lettuce, cheese & tomatoes), Refried Beans, Peaches, Cinnamon Bread Stix	October 20 Breakfast Wrap ----- Steak Nuggets, Green Beans, Mandarin Oranges, Soft Pretzel	October 21 French Toast, Little Smokies ----- Corn Dog, Rice Pilaf, Baby Carrots & Dip, Banana
Alternative Lunch: Hot Dog on WG Bun	October 24 Blueberry Waffles ----- Rib Patty, WG Bun, Corn or Corn Mac, Seasoned Wedges, 1/2 Orange	October 25 Eggs & Potatoes ----- Cooks Choice	October 26 Long John ----- Chicken Nuggets, Whipped Potatoes, Mixed Fruit, Cinnamon Roll	October 27 Yogurt, Cinnamon Roll ----- Fajitas, WG Tortilla, Tossed Salad, Apricots, Dessert	October 28 NO SCHOOL
Alternative Lunch: Deli Sub	October 31 Cooks Choice ----- Mummies, Tombstones, Goblins, Scarecrows, Brew				Note: WG Indicates a healthy whole grain food.