

# Minford Local Schools

## October

### Cafeteria Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
3	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Chicken Tenders, Baked Beans, Veggie Cup, Fruit	4	<b>Breakfast</b> Mini Pancakes Fruit <b>Lunch</b> Bean & Cheese Burritos, Corn, Side Salad, Fruit	5	<b>Breakfast</b> Cinnamon Breakfast Bun Fruit <b>Lunch</b> Sloppy Joes, Fries, Mixed Veggie Cup, Fruit	6	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Meatloaf, Mashed Potatoes, Green Beans Roll, Fruit	7	<b>Breakfast</b> Strawberry Cream Cheese Bagel Sticks, Yogurt, Fruit <b>Lunch</b> Pizza Stromboli, Macaroni & Cheese Broccoli, Fruit	Second Lunch Option: Hamburger	
10	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Chicken Fries Veggie Cup Dinner Roll, Fruit	11	<b>Breakfast</b> Toast, Scrambled Eggs, Fruit <b>Lunch</b> Beefy Nachos, Lettuce, Tomatoes, Beans, Salsa Sour Cream, Fruit	12	<b>Breakfast</b> Filled Cinnamon Toast Crunch Pocket, Fruit <b>Lunch</b> Breaded Chicken Sandwich w/Lettuce & Pickles Fries, Fruit	13	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Fried Chicken Mashed Potatoes, Roll Green Beans, Fruit	14	<b>Breakfast</b> French Toast Sticks Fruit <b>Lunch</b> Pepperoni Pizza Glazed Carrots, Cookie, Fruit	Second Lunch Option: Hot Ham and Cheese Sandwich	
17	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Asian Chicken, Pretzel Stick, Broccoli & Cheese, Fruit	18	<b>Breakfast</b> Oatmeal Breakfast Cookie Turkey Bacon, Fruit <b>Lunch</b> Taco Stick, Steamed Corn, Side Salad, Fruit	19	<b>Breakfast</b> Bagel w/Strawberry Cream Cheese, Fruit <b>Lunch</b> Cheeseburger w/lettuce tomato & pickles, Baked Beans, Fruit	20	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Chili, Grilled Cheese or an Uncrustable, Mixed Veggie Cup, Fruit	21	<b>Breakfast</b> Blueberry Muffin, Yogurt, Fruit <b>Lunch</b> French Bread Pizza, Fries, Side Salad, Fruit, Frozen Yogurt	Second Lunch Option: Corn Dogs	
24	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Grilled Chicken Breast, Redskin Potatoes, Broccoli, Roll, Fruit, Cookie	25	<b>Breakfast</b> Toast, Scrambled Eggs, Fruit <b>Lunch</b> Beefy Nachos, Lettuce, Tomatoes, Beans, Salsa Sour Cream, Fruit	26	<b>Breakfast</b> Egg & Cheese Bagel, String Cheese or Yogurt, Fruit <b>Lunch</b> Pulled Pork BBQ Sandwich, Fries, Veggie Cup, Fruit	27	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Salisbury Steak Mashed Potatoes, Roll Green Beans, Fruit	28	<b>Breakfast</b> Waffles Fruit <b>Lunch</b> Cheese Bread Pizza w/ Marinara, Side Salad, Fruit	Second Lunch Option: Pepperoni and Cheese Hot Pockets	
31	<b>Breakfast</b> Assorted Cereal String Cheese or Yogurt, Fruit <b>Lunch</b> Popcorn Chicken Side Salad, Roll, Fruit							Second Lunch Option: Cook's Choice/Variety Week			

Category	Breakfast	Lunch
PK - 8	\$1.85	\$2.85
9 - 12	\$2.10	\$3.10
PK-12	\$0.30	\$0.40
Adults	\$2.75	\$3.75
Extra milk	\$0.40	\$0.40

*Meals include:*

- Whole-Grain Wheat Ingredients
- 1% Low-Fat or Fat Free Chocolate Milk
- Fruit and/or 100% Fruit Juice

*Meal Requirements:*

Meals comply with USDA meal requirement standards. Students must take minimum components of fruit or vegetables. Grades 6-8, 9-12 may be offered additional items in order to meet the requirements.

*Food Allergies:*

Students with food allergies must have a Diet Order Form OR a note from his/her doctor on file with the Food Service Director. Forms can be found on the district website at <https://www.minfordfalcons.net>

Menus are subject to change without notice due to inclement weather and/or supply shortages.