



October 2016

Breakfast



NSAA/NORTON CAMPUS

Monday	Tuesday	Wednesday	Thursday	Friday
October 3, 2016 VANILLA YOGURT Cinnamon Sky Cookie Craisins Grape Juice Choice of Milk	October 4, 2016 BEEF SAUSAGE ON A BISCUIT Diced Peaches Blended Fruit Juice Choice of Milk	October 5, 2016 FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Square Fresh Fruit Choice of Milk	October 6, 2016 STRAWBERRY PANCAKES Fresh Fruit Blended Fruit Juice Choice of Milk	October 7, 2016 RICE KRISPIES Animal Grahams Fresh Fruit Choice of Milk
October 10, 2016 FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	October 11, 2016 WAFFLES Diced Pears Orange Juice Syrup Choice of Milk	October 12, 2016 String Cheese Blueberry Muffin Fresh Fruit Assorted Jelly Choice of Milk	October 13, 2016 EGG & CHEESE ON WW ENGLISH MUFFIN Fresh Fruit Orange Juice Assorted Jelly Choice of Milk	October 14, 2016 GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Fresh Fruit Choice of Milk
October 17, 2016 CINNAMON TOAST CRUNCH Raspberry Cookies Craisins Blended Fruit Juice Choice of Milk	October 18, 2016 BREAKFAST BURRITO Mixed Fruit Cup Grape Juice Taco Sauce Choice of Milk	October 19, 2016 COCOA PUFFS Maple Breakfast Square Fresh Fruit Choice of Milk	October 20, 2016 PANCAKES Fresh Fruit Orange Juice Syrup Choice of Milk	October 21, 2016 NO SCHOOL
October 24, 2016 APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	October 25, 2016 FRENCH TOAST STICKS Pineapple Tidbits Orange Juice Syrup Choice of Milk	October 26, 2016 String Cheese Banana Muffin Fresh Fruit Choice of Milk	October 27, 2016 CHICKEN BISCUIT Fresh Fruit Blended Fruit Juice Honey Choice of Milk	October 28, 2016 MINI WHEATS LITTLE BITES Graham Crackers Fresh Fruit Choice of Milk
October 31, 2016 VANILLA YOGURT Cinnamon Sky Cookie Craisins Grape Juice Choice of Milk	November 1, 2016	November 2, 2016	November 3, 2016	November 4, 2016

**** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

BREAKFAST

Pumpkin Chocolate Chip Bakedoo

Peach Bakedoo

Make Your Own Panfait Day





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Monday	Tuesday	Wednesday	Thursday	Friday
October 3, 2016	October 4, 2016	October 5, 2016	October 6, 2016	October 7, 2016
CHICKEN TENDERS W/SWEET POTATO PUFFS Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	SLOPPY JOE Hamburger Bun Potato Rounds Grape Juice Ketchup Choice of Milk	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Fresh Fruit Choice of Milk	CHEESE PIZZA Romaine Salad Light Italian Dressing Mixed Fruit Cup Choice of Milk	RIB B QUE Hamburger Bun Whole Kernel Corn Fresh Fruit Choice of Milk
October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016
MINI CORN DOGS & CHICKEN FUN MIX French Fries Apple Juice Ketchup BBQ Sauce Choice of Milk	*TRY IT TUESDAY! MEATBALL SUB Hot Dog Bun Sweet Maple Butter Carrots Diced Peaches Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Fruit BBQ Sauce Choice of Milk	CHEESEBURGER MAC Mixed Vegetables Fresh Fruit Choice of Milk	PEPPERONI PIZZA WRAP Broccoli Florets Fat Free Ranch Dressing Pineapple Tidbits Choice of Milk
October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Garden Peas Mixed Fruit Cup Choice of Milk	CHEESE PIZZA Broccoli Pineapple Tidbits Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	SANTA FE CHICKEN Tortilla Chips Whole Kernel Corn Fresh Fruit Choice of Milk	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Hamburger Bun Maple Baked Beans Green Pepper Slices Light Ranch Dressing Fresh Fruit Ketchup Mustard Choice of Milk
October 24, 2016	October 25, 2016	October 26, 2016	October 27, 2016	October 28, 2016
*FOOD DAY CHICKEN WINGS Southwest Corn Orange Sorbet 100% Juice Pumpkin Chocolate Chip Mini Loaf BBQ Sauce Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Green Beans Strawberry Applesauce Ketchup Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Salad Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Fresh Fruit Mustard Ketchup Choice of Milk	*AROUND THE WORLD DAY* TASTE OF ITALY! ROTINI BAKE WITH MEATSAUCE Italian Mixed Vegetables Fresh Fruit Lemon Cookie Choice of Milk
October 31, 2016	November 1, 2016	November 2, 2016	November 3, 2016	November 4, 2016

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Mediterranean Green Beans

LUNCH

Italian Rotini Bake

Rib-B-Que

AROUND THE WORLD DAY: WHAT FLAVOR OF THE WORLD DO YOU WANT TO TASTE?