



MEAL PRICES	
<i>Breakfast:</i>	<i>Lunch:</i>
<i>Student Paid - \$1.40</i>	<i>PreK-5 Student Paid - \$2.30</i>
<i>Student Reduced - \$ .30</i>	<i>6-8 Student Paid - \$2.40</i>
<i>Adult Paid - \$2.10</i>	<i>9-12 Student Paid - \$2.50</i>
	<i>Student Reduced - \$.40</i>
<i>Milk - \$.40</i>	<i>Adult - \$3.45</i>

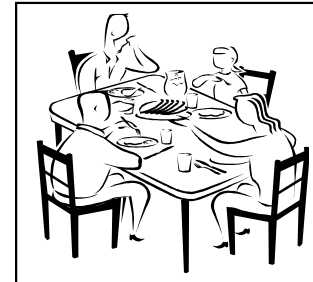
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>USDA is an equal opportunity provider and employer.</b></p>		Breakfast variety of juices - carbs 12g-18g Assorted Cereals 18g-28g Milk carb: 1% white milk 13g Skim chocolate milk 31g	1 Breakfast Pizza 26g Fruit Cocktail 14 g Juice/ Milk  Lasagna 19g Tossed Salad 3g Corn 8g/16g Garlic Bread 18g Pears 14g	2 Banana Crumb Muffin 54g Pears 14g Juice/Milk  Chicken Fried Rice 30g Apple Salad 16g Green Beans 6g Baby Carrots 3g/6g	3 Biscuit 22g /Sausage Gravy Apple 14 g 10g Juice/Milk  Taco Salad 22g/40g Refried Beans 23g Mixed Vegetables 6g/12g Grapes 15g
	6 Cereal/ Sausage Patty 1g Grapes 15g Juice/Milk  Burrito 47g Spanish Rice 14 g Tossed Salad 3g Corn 8g/16g Pineapple 20g	7 Pancakes 26g Pineapple 20g Juice/Milk  Breaded Beef Steak 18g Mashed Potatoes 16g Gravy 4g Roll 23g Carrots 3g/6g Rosy Applesauce 22g	8 Breakfast Pizza 26g Rosy Applesauce 22g Juice/Milk  Pizza Casserole 31g Tossed Salad 3g Mixed Vegetables 6g/12g Peaches 12g	9 Applesauce Oatmeal Muffin Peaches 12g 39g Juice/Milk  Chicken Parmesan on Bun 30g Green Beans 2g/4g Broccoli 5g Mandarin Oranges 17g	10 Biscuit 22g/ Sausage Gravy Mandarin Oranges 17g 10g Juice/Milk  Corn Dog 33g Baked Beans 58g Peas 5g/10g Apple 14g
	13 Cereal/Graham Cracker 18g Pears 14g Juice/Milk  Homemade Pizza 30g Tossed Salad 3g Baby Carrots 3g Peaches 12g	14 Biscuit 22g/ Sausage Patty Peaches 12g 1g Juice/Milk  Chicken Nuggets 12g Mashed Potatoes 16g Gravy 4g Roll 23g Peas 5g/10g Apricots 19g	15 Breakfast Pizza 26g Apricots 19g Juice/Milk  Biscuit 22g Sausage Gravy 10g Glazed Carrots 20g Hash Brown Patty 13g/26g Pears 14g	16 Breakfast Bake 26g Pears 14g Juice/Milk  BBQ Pork Patty on Bun 43g Fresh Broccoli 1g Green Beans 4g Pineapple 17g	17 <b>NO SCHOOL</b>

20 Cereal/ String Cheese 3g Apples 13g Juice/ Milk  Taco Burger 29g Sweet Potato Tots 14g/28g Green Beans 6g Pears 14g	21 Blueberry Bubble Bread 43g Pears 14g Juice/ Milk  Chicken & Noodles 29g Mashed Potatoes 16g Carrots 3g/6g Mandarin Oranges 17g Snickerdoodles 20g/40g	22 Breakfast Pizza 26g Mandarin Oranges 17g Juice/ Milk  Super Nachos 43g Tomatoes 2g Peas 10g Applesauce 14g Chocolate Chip Cookies 20g/40g	23 Cinnamon Bun Applesauce 14g Juice/ Milk  Pig in a Blanket 26g Broccoli with Cheese 4g/8g Baked Beans 58g Fruit Cocktail 14g	24 Biscuit 22g/ Sausage Gravy Orange 15g Juice/ Milk  Chicken Strips 13g Savory Rice 15g/30g Corn 8g/16g Tossed Salad 3g Banana 27g
27 Cereal/ Graham Cracker Banana 27g Juice/ Milk  Chicken Nuggets 10g Mashed Potatoes 116g Gravy 4g Broccoli w/ Cheese Sauce Peaches 12g	28 Biscuit 22g/ Sausage Patty Peaches 12g Juice/ Milk  Cheeseburger on Bun 17g Lettuce/ Tomatoes Baked Beans 58g Sweet Potato Tots 14g/28g Fruit Cocktail 14g	29 Breakfast Pizza 26g Fruit Cocktail 14g Juice/ Milk  Lasagna 19g Tossed Salad 3g Corn 8g/16g Garlic Bread 18g Pears 14g	30 Banana Crumb Muffin 54g Pears 14g Juice/ Milk  Chicken Fried Rice 30g Apple Salad 16g Green Beans 6g Baby Carrots 3g/6g	31 Biscuit 22g/ Sausage Gravy Apple 14g Juice/ Milk  Taco Salad 22g/40g Refried Beans 23g Mixed Vegetables 6g/12g Grapes 15g

### French Bread Pizza

6 deli Rolls or Crusty Italian Rolls    Marinara Sauce OR Pizza Sauce  
Mozzarella Cheese, Shredded    Grated Parmesan Cheese  
Onion, Chopped    Green peppers, chopped    Black Olives  
Pineapple Chunks    Roma Tomatoes, sliced    Pepperoni slices  
Cooked Sausage, breakfast or Italian    Canadian Bacon Slices

Each person can make their own individual pizzas the way they like them with as much or little of items that they want on their pizzas Heat oven to 375. Open rolls and break apart into 2 pieces and lay them cut side up on baking pan. Spread with sauce and top with any of the toppings. Put the pan in the oven on the lowest rack for 8-10 minutes. Turn heat up to 425 and move pan up to highest rack until the cheese starts to bubble a bit and turn golden.



### OCTOBER IS MONTH FOR CELEBRATING:

Apple Month, National Book Month, Bullying Prevention Month, Celiac Disease Awareness Month, Eat Better, Eat Together Month, Pizza Month

Check out the videos and information by KSDE's Child Nutrition and Wellness on Eat Smart Play Hard. See what schools around the state are doing <http://www.eatsmartplayhard.org/index.html>