

OCTOBER 2022

Menu

WELCOME BACK STUDENTS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with a choice of milk: 1%, skim or fat-free chocolate	ICE CREAM CUP: \$.60/.90	BREAKFAST PRICE: PAID: \$1.75/1.85 REDUCED: \$.25	LUNCH PRICE: PAID: \$2.35/2.45 REDUCED: \$.25	*ICE CREAM IS ONLY AVAILABLE AT MS/HS
Meat & Bean Chili W/Cheese On Tortilla Chips Broccoli Chilled or Fresh Fruit ³	Popcorn chicken w/ketchup Dinner Roll *W/ Rice Carrots Chilled or fresh fruit ⁴	ELEM Meatball Sub *HS - Meatballs With Pizza Sticks Savory Green Beans Chilled or fresh fruit ⁵	Turkey & Gravy Over Mashed Potatoes Corn Wheat Roll Chilled or Fresh Fruit ⁶	Beef Taco W/Cheese and Lettuce In a Wheat Wrap Baked Veggie Beans Chilled or fresh fruit ⁷
10	11	12	13	14
NO SCHOOL!	Whole Grain Pizza Chopped Broccoli Chilled or Fresh Fruit	Teriyaki Chicken Over Rice Carrots Chilled or Fresh Fruit	Whole Grain Fiesta Pasta With Meat Sauce Steamed Green Peas Chilled or Fresh Fruit	Crispy Fish Patty With Cheese On a Wheat Bun Corn /*Coleslaw Chilled or Fresh Fruit
17	18	19	20	21
Cheesy Macaroni With Chicken Steamed Broccoli Chilled or Fresh Fruit	Beef and Gravy Over Mashed Potatoes Garlicky Green Beans Wheat Roll Chilled or Fresh Fruit	Tangy BBQ Turkey on a Bun Sliced Carrots Chilled or Fresh Fruit	French Toast Sticks With Syrup Sausage Patty and Potatoes Chilled or Fresh Fruit	Walking Taco With Cheese Refried Veggie Beans Chilled or Fresh Fruit
24	25	26	27	28
Chicken Patty *Chicken Parmesan on a Roll Steamed Broccoli Chilled or Fresh Fruit	Cheeseburger With Ketchup on Wheat Bun Black and Veggie Beans *Blackbeans and Rice Chilled or Fresh Fruit	Deli Day Turkey & Ham with Cheese, Lettuce & Tomato on a Sub Roll Garlicky Green Beans Chilled or Fresh Fruit	Stuffed Crust Pizza Carrots Chilled or Fresh Fruit	BBQ Chicken On a Wheat Bun Corn Chilled or Fresh Fruit
31	HAPPY HALLOWEEN	*At both breakfast and lunch you must choose AT LEAST 3 OF THE 5 ITEMS to make a meal. One of these must be a fruit or veggie or you will be charged Ala Carte price.	*HIGH SCHOOL ONLY	



Breakfast Choices:
1% or Skim Milk, Juice or Fruit,
Cereal, Muffin, or Various
Heated Items

Sandwich Choice:
Tuna, Turkey or
PBJ W/ Cheese Stick

Lunch Choices:
1%, Skim Milk or
Fat-Free Chocolate

Extra Milk: \$.60
Extra Fruit or Veggie: \$.70

Funds for extras
may be added to your school
bucks account, cash or checks:
"USCS LUNCH FUND"

**MY
SCHOOL
BUCKS**

DELI BAR TO GO!

Freshly prepared sandwiches with
assorted deli meats, cheese and
accompaniments prepared daily on
Whole Wheat Bread, Kaiser Roll or a
Sub Roll. We also have
JULIENNE SALADS!

*School Will Vary in Options/Menus May Vary *If there is a delay in the start of school, breakfast will not be served.

*If you have any concerns please contact Kathy Smith at (315) 889-4120.