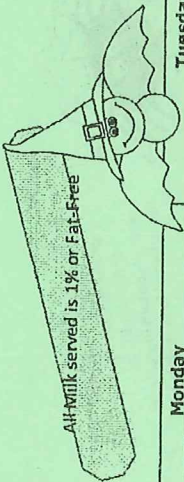
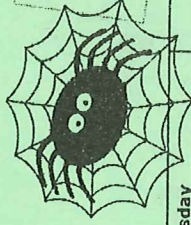


# Central Union School District October 2018 6-8 Grade Breakfast & Lunch Menu



All Milk served is 1% or Fat-Free



Our foodservice facility prepares and serves some products that may contain ingredients identified as food allergens.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cold Cereal w/Oatmeal Bar Pineapple Tidbits or Grape Juice	2 Waffle w/Syrup Fresh Fruit or Apple Juice	3 Muffin Square Yogurt Diced Peaches or Fruit Juice	4 Breakfast Pizza Diced Pears or Apple Juice	5 French Toast Sticks w/Syrup Applesauce or Orange Juice
Frito Boat or Hamburger on a Bun Garden Bar	Orange Chicken or Hamburger on a Bun w/White Rice Garden Bar	Hot Dog on a Bun or Hamburger on a Bun w/Wedge Fries Garden Bar	Fajita Chicken Wrap or Hamburger on a Bun w/ Fiesta Corn Garden Bar	Cheese Sticks w/Marinara Sauce or Hamburger on a Bun Fruit Icee Garden Bar
8 Holiday Columbus Day	9 Pancakes w/Syrup Diced Peaches or Grape Juice	10 Turkey Sausage Patty w/ Warm Biscuit Applesauce or Orange Juice	11 Cinn. Breakfast Square Yogurt Mixed Fruit or Apple Juice	12 Scrambled Eggs w/ English Muffin Fresh Fruit or Fruit Juice
15 Bear Paw Pastry Diced Pears or Grape Juice	16 Cold Cereal w/Cinnamon Toast Fresh Fruit or Fruit Juice	17 Banana Bread Square w/Sun Butter Mixed Fruit or Apple Juice	18 Breakfast Tacos Applesauce or Fruit Juice	19 Cinnamon Roll Diced Peaches or Orange Juice
Chicken Nuggets or Corndog Mixed Vegetables Garden Bar	Hamburger on a Bun w/ French Fries or Corndog Garden Bar	Grilled Chicken Patty on a Bun or Corndog Ranch Style Beans Garden Bar	Mac & Cheese or Corndog Garden Bar	Chicago Style Wedge Pizza or Corndog Garden Bar
22 Cold Cereal w/Oatmeal Bar Pineapple Tidbits or Grape Juice	23 Waffle w/Syrup Fresh Fruit or Apple Juice	24 Muffin Square Yogurt Diced Peaches or Fruit Juice	25 Breakfast Pizza Diced Pears or Apple Juice	26 French Toast Sticks w/Syrup Applesauce or Orange Juice
Frito Boat or Hamburger on a Bun Garden Bar	Orange Chicken or Hamburger on a Bun w/White Rice Garden Bar	Hot Dog on a Bun or Hamburger on a Bun w/Wedge Fries Garden Bar	Fajita Chicken Wrap or Hamburger on a Bun w/ Fiesta Corn Garden Bar	Cheese Sticks w/Marinara Sauce or Hamburger on a Bun Fruit Icee Garden Bar
29 Cold Cereal w/IUBR Bar Diced Pears or Apple Juice	30 Pancakes w/Syrup Diced Peaches or Grape Juice	31 Turkey Sausage Patty w/ Warm Biscuit Applesauce or Orange Juice	<p>Menu subject to change without notice</p>	
State Fair Corn Dog or California Burrito w/Sweet potato gems Garden Bar	Teriyaki Chicken or California Burrito w/Fried Rice Garden Bar	Street Tacos or California Burrito Black Bear Salad Garden Bar		

Prices - Milk Only .35 Breakfast: Reduced .30 Full Pay \$1.00 Lunch: Reduced .40 Full Pay \$2.55  
We encourage prepayment for meals.