

WEST CENTRAL BREAKFAST & LUNCH MENU

October 2022

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Egg & Cheese Biscuit	4 Poptart Pre-K- Cereal	5 Pancake Sausage Stick / Syrup	6 Cereal Bar Pre-K - Cereal	7 Waffle / Syrup
10 NO SCHOOL	11 Egg & Cheese Burrito	12 Muffin	13 Pancake / Syrup	14 Bagel / Cream Cheese
17 Nutri Grain Bar Pre-K- Cereal	18 Poptart Pre-K - Cereal	19 Pancake Sausage Stick / Syrup	20 Cereal Bar Pre-K - Cereal	21 NO SCHOOL
24 Breakfast Pizza	25 Egg & Cheese Burrito	26 Muffin	27 Pancake / Syrup	28 Bagel / Cream Cheese
31 Nutri Grain Bar Pre-K Cereal			Offered Daily: Chocolate & White Milk, Cereal, Juice, Fruit, and Yogurt	

LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pulled Pork / Bun Cooked Mixed Vegetable Applesauce	4 BBQ Rib Patty / Bun French Fries Broccoli & Cheese Bug Bites, Apricots	5 Hot Dog / Bun Baked Beans, Cooked Carrots Pineapple	6 Cheesy Breadstick Marinara Sauce Green Beans/Mixed Fruit Choc. Chip Cookie	7 Frito Chip Chili Bowl Shredded Lettuce/ Cheese/Diced Tomato Ranch or French Dressing Peaches
10 NO SCHOOL Columbus Day	11 Maidrite / Bun French Fries, Peas, Pickles Mandarin Oranges Rice Krispie Treat	12 Chicken Strips Green Beans BBQ Sauce or Ranch Apple Slices	13 Pizza Broccoli, Cauliflower Peaches/Fruit Roll-up	14 Breaded Chicken / Bun Baked Beans, Cooked Carrots Pears
17 Spaghetti / Meat Garlic Bread Corn Applesauce	18 Tenderloin / Bun Lettuce and spinach Salad Ranch or French	19 Pizza Crunchers Marinara Sauce, Green Beans Mixed Fruit Sugar Cookie	20 Teriyaki Chicken Rice, Black Beans, Roll & Butter Sweet & Sour Sauce Cooked Mixed Vegetables/Applesauce	21 NO SCHOOL Parent/Teacher Conferences
24 Chicken Noodle Soup Grilled Cheese, Crackers Carrots & Celery Sticks Frozen Fruit	25 Crispitos Cheese Sauce, Salsa Corn/Pears	26 Cheeseburger / Bun French Fries Baked Beans/Applesauce	27 Pizza Burger Peas, Cheese Sticks Peaches	28 Corn Dogs Broccoli & Ranch Bug Bites/Pineapple
31 Pancake Sausage Wraps Hash Browns, Syrup Green Beans Chocolate Chip Cookie/Apple Slices				Offered Daily: Chocolate & White Milk. Salad Bar, Ham & Cheese Sandwich, Turkey & Cheese Sandwich and Fruit