



# OCTOBER 2022

## EUROPE REGION: K-5 BREAKFAST

**1** Pork Free Menu Item  
**2** Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday	
-3- <b>1</b> Sausage Slider <b>2</b> Cereal Fruit Juice Milk	-4- Waffles Scrambled Eggs Fruit Juice Milk	-5- <b>1</b> All American Breakfast <b>2</b> Cereal Fruit Juice Milk	-6- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-7- <b>2</b> Pork Sausage Gravy & Biscuit <b>2</b> Cereal Fruit Juice Milk	
-10- <b>1</b> Ham & Cheese Bagel <b>2</b> Cereal Fruit Juice Milk	-11- Waffles <b>1</b> Sausage Patty Fruit Juice Milk	-12- Breakfast Frittata <b>2</b> Cereal Fruit Juice Milk	-13- Yogurt Smoothie <b>Manager's Choice</b> Fruit Juice Milk	-14- <b>1</b> Monte Cristo Sandwich <b>2</b> Cereal Fruit Juice Milk	
-17- <b>1</b> Sausage Biscuit <b>2</b> Cereal Fruit Juice Milk	-18- <b>1</b> Ham & Cheese Roll Up Variety Muffin Fruit Juice Milk	-19- <b>1</b> All American Breakfast w/Sausage <b>2</b> Cereal Fruit Juice Milk	-20- Yogurt Smoothie French Toast Bites Fruit Juice Milk	-21- <b>1</b> Breakfast Taco <b>2</b> Cereal Fruit Juice Milk	
-24- <b>1</b> Sausage Slider <b>2</b> Cereal Fruit Juice Milk	-25- Waffles Scrambled Eggs Fruit Juice Milk	-26- <b>1</b> All American Breakfast <b>2</b> Cereal Fruit Juice Milk	-27- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-28- Donut w/ <b>1</b> Sausage Patty <b>2</b> Cereal Fruit Juice Milk	
-31- <b>1</b> Ham & Cheese Bagel Cereal Fruit Juice Milk	<p style="text-align: center;"><b><u>FOOD ALLERGIES</u></b>  <b><u>or SPECIAL DIETS:</u></b>            Modifications can be made to safeguard the well-being of our students.            See cafeteria supervisor for more information.</p>				
		<p><u>Breakfast</u></p> Students: All Grades Full Price \$2.00 Reduced Price \$0.30		<p><b><u>MEAL PRICES</u></b></p> Non-Student \$4.25 Breakfast Plus \$1.50	
				<p><u>Lunch</u></p> Students: Full Price Elementary \$3.50 Secondary \$3.75 Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25	

**Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.**

*This institution is an Equal Opportunity Provider*



# OCTOBER 2022

## EUROPE REGION: K-5 LUNCH

1 Pork Free Menu Item

2 Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">-3-</p> <p>Chicken Drumstick w/Cornbread OR  <u>Beef Tenders w/Brown Gravy &amp; Cornbread OR</u>            Fajita Chicken Salad w/Tortilla Chips (V Avail.)            Seasoned Corn            Celery/Carrot Dippers            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-4-</p> <p>Spaghetti &amp; <span style="color: red;">●</span>Meatballs OR  <u>Spaghetti w/Marinara (V) OR</u>            Chicken Veggie Dumplings            Italian Green Beans            Caprese Side Salad            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-5-</p> <p><u>Cheese Pizza OR</u>  <span style="color: red;">●</span>Pepperoni Pizza OR            Mediterranean Hummus Chicken Wrap            Seasoned Broccoli            Cucumber Coins            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-6-</p> <p><u>Beefy Alfredo &amp; Rice OR</u>            Chicken Curry &amp; Rice OR  <b>Manager's Choice Salad + Grain (V)</b>            Cherry Tomato Dippers            Seasoned Peas and Carrots            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-7-</p> <p>Chicken &amp; Waffles OR  <span style="color: red;">●</span>Monte Cristo Sandwich OR            Chef Salad (V Avail) w/Pretzel Bites            (SS-Chicken Tenders)            Sweet Potato Fries            Baked Beans            Fruit            Choice of Milk</p>
<p style="text-align: center;">-10-</p> <p>BBQ Chicken Wings w/Cornbread OR            Broccoli Cheese Soup w/Veggie Wrap (V) OR  <u>Hawaiian Chicken Wrap</u>            Green Apple Slaw            Honey Glazed Carrots            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-11-</p> <p>Cheeseburger Mac w/Dinner Roll OR  <u>Macaroni &amp; Cheese (V) w/Dinner Roll OR</u>            Market Salad w/Pretzel Bites (V)            Dark Green Side Salad            Christmas Veggies            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-12-</p> <p>Chicken Tacos OR            Beef Tacos OR            Cheese Quesadilla (V)            Ranchero Beans            Elote Corn            Fruit            Choice of Milk</p>	<p style="text-align: center;">-13-</p> <p><u>Sweet &amp; Sour Chicken w/Rice OR</u>  <span style="color: red;">●</span>Meatball Bahn Mi OR  <b>Manager's Choice Salad + Grain (V)</b>            Seasoned Broccoli            Pickled Cucumbers            Fruit            Choice of Milk</p>	<p style="text-align: center;">-14-</p> <p><u>Hamburger OR Cheeseburger OR</u>            Grilled Chicken Sandwich OR            Southwest Salad w/Chips (V)            Ranch Fries            Bell Pepper Strips            Seasonal Fruit            Choice of Milk</p>
<p style="text-align: center;">-17-</p> <p>Chicken Teriyaki Drumstick w/Pretzel Bites OR            Hummus Salad Bowl (V) &amp; Pretzel Dippers OR  <u>Chicken Veggie Dumplings</u>            Celery Dippers            Cherry Tomato Dippers            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-18-</p> <p>Chicken Alfredo w/Garlic Baguette OR            Alfredo Mac (V) w/Garlic Baguette OR  <span style="color: red;">●</span>Italian Meatball Sub            Baked Beans            Italian Green Beans            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-19-</p> <p><u>Cheese Pizza (V) OR</u>  <b>Manager's Choice Pizza OR</b>  <span style="color: red;">●</span>Cold Cut Sandwich            Parmesan Broccoli            Fresh Carrot Dippers            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-20-</p> <p><u>Chicken PoBoy w/Rooster Sauce OR</u>            Cheesy Breadsticks w/Marinara (V) OR  <span style="color: red;">●</span>Mini Corn Dogs            Dark Green Side Salad            Ranch Fries            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-21-</p> <p>BBQ Chicken Sandwich OR            Beef Tender Sandwich OR            Chicken Tender Salad w/Cornbread            (SS-Beef Tenders w/Gravy)            Seasoned Corn            Sweet Potato Fries            Seasonal Fruit            Choice of Milk</p>
<p style="text-align: center;">-24-</p> <p>Sweet Sour Chicken Wings w/Confetti Rice OR  <span style="color: red;">●</span>Sweet &amp; Sour Meatballs w/Confetti Rice OR  <b>Manager's Choice Salad + Grain (V)</b>            (SS-Chicken Tenders w/Confetti Rice)            Seasoned Green Peas            Fresh Carrot Dippers            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-25-</p> <p><span style="color: red;">●</span>Rose Spaghetti w/Meatballs OR            Rose Spaghetti (V) w/Dinner Roll OR            Market Salad w/Slider Roll (V Avail)            (SS-<span style="color: red;">●</span>Rose Spaghetti w/Meatsauce)            Roasted Broccoli            Vinaigrette Slaw            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-26-</p> <p>Chicken Nachos OR  <u>Beef Nachos OR</u>            Cheese Nachos (V)            Ranchero Beans            Dark Green Side Salad            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-27-</p> <p><u>Chicken Nuggets w/Biscuit OR</u>            Waffle, Egg &amp; Cheese Sandwich OR  <span style="color: red;">●</span>Sausage &amp; Egg Biscuit            Cucumber Coins            Cherry Tomato Dippers            Seasonal Fruit            Choice of Milk</p>	<p style="text-align: center;">-28-</p> <p>Patty Melt OR            Chicken Veggie Dumplings OR  <u>Broccoli Cheese Soup w/Veggie Wrap (V)</u>            Oven Fries            Savory Green Peas            Fruit            Choice of Milk</p>
<p style="text-align: center;">-31-</p> <p>BBQ Drumstick w/Cornbread OR            Beef Tenders w/Brown Gravy &amp; Cornbread OR            Chef Salad w/Cornbread (V Avail)            Honey Glazed Carrots            Sweet Pea Salad            Seasonal Fruit            Choice of Milk</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="color: red; font-weight: bold; text-align: center;">FOOD ALLERGIES or SPECIAL DIETS:</p> <p style="text-align: center;">Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p> </div> <div style="width: 45%;"> <p style="color: green; font-weight: bold; text-align: center;">Breakfast</p> <p style="font-size: small;">Students: All Grades Non-Student \$4.25            Full Price \$2.00 Breakfast Plus \$1.50            Reduced Price \$0.30</p> <p style="text-align: center; font-weight: bold; color: blue;">VEGETARIAN SALAD OPTION AVAILABLE DAILY</p> </div> </div>			
<p style="color: blue; font-weight: bold;">MEAL PRICES</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p style="color: blue; font-weight: bold; text-align: center;">Lunch</p> <p style="font-size: small;">Students: Full Price            Elementary \$3.50            Secondary \$3.75</p> </div> <div style="width: 30%; text-align: center;"> <p style="font-size: small;">Reduced Price K-12 \$0.40            Non-Student \$7.50            Lunch Plus K-12 \$2.25</p> </div> <div style="width: 30%; text-align: right;"> <p style="color: blue; font-weight: bold;">SureStart menu items are underlined each day</p> </div> </div>				

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