

OCTOBER 2018

EAST BERNSTADT INDEPENDENT SCHOOL

ELEMENTARY & MIDDLE

 Breakfast \$0.00
 Lunch \$0.00

ADULTS

 \$2.50
 \$3.50

Monday

1
 Chicken Strips,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

8
 Chicken Bites,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

15
 Chicken Nuggets,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

22
 Chicken Strips,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

29
 Chicken Bites,
 Sandwich, Chef Salad,
 Broccoli & Cheese or Carrots,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll
 Var. of Milk

Tuesday

2
 Hot Dog & Chili,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

9
 Spaghetti w/Meat Sauce,
 Sandwich, Chef Salad,
 Tossed Salad or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Toast & Cookie
 Var. of Milk

16
 Corn Dog, BBQ Sandwich,
 Chef Salad,
 Sweet Potatoes or Peas,
 Fruit Cup, Fresh Fruit,
 100% Juice
 Baked Chips & Cookie
 Var. of Milk

23
 Hot Dog & Chili,
 Sandwich, Chef Salad,
 Sweet Potatoes or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Chips & Cookie
 Var. of Milk

30
 Spaghetti w/Meat Sauce,
 Sandwich, Chef Salad,
 Tossed Salad or Peas,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Toast & Cookie
 Var. of Milk

Wednesday

3
 Chicken Patty,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

10
 Grilled Cheese,
 BBQ Sandwich, Chef Salad,
 Baked Beans or Soup,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun & Crackers
 Var. of Milk

17
 Hamburger or
 Cheeseburger, Sandwich,
 Chef Salad, Baked Beans or
 Fries, Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

24
 Chicken Patty,
 Sandwich, Chef Salad,
 Baked Beans or Fries,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun
 Var. of Milk

31
 Grilled Cheese,
 BBQ Sandwich, Chef Salad,
 Baked Beans or Soup,
 Fruit Cup, Fresh Fruit,
 100% Fruit Juice
 WG Bun & Crackers
 Var. of Milk

Thursday

4
 Cheese or Pepp. Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

11
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

18
**NO
 SCHOOL**

25
 Little Caesars Pizza,
 Sandwich, Chef Salad,
 Corn or Tossed Salad,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Crust
 Var. of Milk

Friday

5
 Chili/Chips/Cheese,
 Sandwich, Taco Salad,
 Refried Beans or Fresh Broccoli,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Scoops & Mex. Rice
 Var. of Milk

12
 Tangerine Chicken Stir Fry,
 Sandwich, Chef Salad,
 California Blend Veggies or Egg Roll,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 WG Roll & Asian Rice
 Var. of Milk

19
**NO
 SCHOOL**

26
 Chili/Chips/Cheese,
 Sandwich, Taco Salad,
 Refried Beans or Fresh Broccoli,
 Fruit cup, Fresh Fruit,
 100% Fruit Juice
 Baked Scoops & Mex. Rice
 Var. of Milk



Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.

This menu is subject to change based on available food items.