

# BREAKFAST

October 2013

Elmwood-Murdock Public Schools



### Breakfast Fact

MyPlate recommends:

Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.

\* **monday**

\* **tuesday**

\* **wednesday**

\* **thursday**

\* **friday**

**NO SCHOOL  
PARENT-TEACHER  
CONFERENCES**

**1**  
Combo  
WG Toast  
Or  
Cereal & WG Toast  
Juice  
Fruit

**2**  
French Toast Sticks  
Or  
Cereal & WG Toast  
Juice  
Fruit

**3**  
Pancake on Stick-E  
Breakfast Burrito-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**4**  
Waffles & Sausage Link-E  
Sausage Gravy/Biscuit-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**7**  
**NO SCHOOL  
PARENT-TEACHER  
CONFERENCES**

**8**  
Combo  
WG Toast  
Or  
Cereal & WG Toast  
Juice  
Fruit

**9**  
French Toast Sticks  
Or  
Cereal & WG Toast  
Juice  
Fruit

**10**  
Pancake on Stick-E  
Breakfast Burrito-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**11**  
Waffles & Sausage Link-E  
Sausage Gravy/Biscuit-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**14**  
Breakfast Pizza  
Or  
Cereal & WG Toast  
Juice  
Fruit

**15**  
Combo  
WG Toast  
Or  
Cereal & WG Toast  
Juice  
Fruit

**16**  
French Toast Sticks  
Or  
Cereal & WG Toast  
Juice  
Fruit

**17**  
Pancake on Stick-E  
Breakfast Burrito-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**18**  
Waffles & Sausage Link-E  
Sausage Gravy/Biscuit-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**21**  
Breakfast Pizza  
Or  
Cereal & WG Toast  
Juice  
Fruit

**22**  
Combo  
WG Toast  
Or  
Cereal & WG Toast  
Juice  
Fruit

**23**  
French Toast Sticks-E  
Breakfast Burrito-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**24**  
Pancake on Stick-E  
French Toast Sticks-M  
Or  
Cereal & WG Toast  
Juice  
Fruit

**25**  
**NO SCHOOL  
FALL BREAK**

**28**  
Breakfast Pizza  
Or  
Cereal & WG Toast  
Juice  
Fruit

**29**  
Combo  
WG Toast  
Or  
Cereal & WG Toast  
Juice  
Fruit

**30**  
French Toast Sticks  
Or  
Cereal & WG Toast  
Juice  
Fruit

# LUNCH

October 2013

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## Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet <http://www.myplate.gov/>.

USDA is an equal opportunity provider and employer.

## \* monday

All meals are served with a choice of 1% white milk or skim flavored milk.  
3-12 grade lunches include a choice from the fruit/veg. bar.

**NO SCHOOL**  
**PARENT-TEACHER**  
**CONFERENCES**

7

14

Chicken Strips  
Cooked Carrots  
Applesauce  
WG Biscuit

21

Hamburger  
WG Bun  
Baked Beans  
Applesauce

28

Chicken Nuggets  
Baby Carrots  
Pears  
Animal Crackers

## \* tuesday

Meatball Sub on WG Bun  
Broccoli  
Fruit  
Cookie

8

Hamburger  
Tossed Salad/Dressing  
Fruit  
Animal Crackers

15

Tacos  
Hard Shell or WG Tortilla  
Vegetable Juice Cup  
Refried Beans  
Fruit

22

Mandarin Chicken-E  
General Tso's-M  
Asian Rice Muffin  
Broccoli  
Pineapple

29

Ham Patty  
WG Bun  
Au gratin Potatoes  
Fruit

## \* wednesday

Breaded Steak  
Mashed Potatoes/Gravy  
Corn  
Fruit  
Dinner Roll

9

Teriyaki Chicken  
Asian Rice  
Broccoli  
Mandarin Oranges  
Dinner Roll

16

Breaded Steak  
Mashed Potatoes/Gravy  
Corn  
Fruit  
Dinner Roll

23

Creamed Turkey  
WG Biscuit  
Mixed Vegetables  
Fruit

30

Italian Dunker  
WG Garlic Toast  
Green Beans  
Fruit

## \* thursday

Sloppy Joes-E  
French Dip- M  
Baked Beans  
Fruit  
Chips

10

Chili  
Cinnamon Roll  
Vegetables/Dip  
Apple Juice

17

Pork Rib  
WG Bun  
Scalloped Potatoes  
Fruit  
Pudding Cup

24

Hot Italian  
Sub Toppings  
Fruit  
Chips

31

Crispy-toes  
Ghoul Sauce  
Spicy Bugs  
Swamp trees  
Vampire Juice

## \* friday

Fish Square on WG Bun  
Vegetable  
Applesauce  
Teddy Grahams

11

Popcorn Chicken  
Fries  
Fruit  
Ice Cream

18

Sub Sandwich on WG Bun  
Sub toppings  
Broccoli/Dip  
Chips  
Fruit

25

**NO SCHOOL**  
**FALL BREAK**

Crispy-toes= Crispito, Ghoul  
sauce= Cheese sauce, Spicy  
bugs= Spanish rice, Swamp trees=  
Broccoli, Vampire Juice= Fruit  
punch