

Free/Reduced meal applications are available throughout the year.

**CLARKSTON SCHOOL DISTRICT
Food Service Department**

This institution is an equal opportunity provider and employer
Menu may change as needed






WEEKLY MENU

2 WEEK CYCLE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks or Cereal Scrambled Eggs w/Cheese Fruit and Juice Syrup Milk Choices (10-3,10-17,10-31)	Pancakes or Cereal Sun butter Fruit and Juice Syrup Milk Choices	English Muffin Sausage Patty Fruit and Juice Milk Choices	Cereal Bar Cheese Stick Fruit and Juice Milk Choices	Cinnamon Roll Yogurt Fruit and Juice Milk Choices
Waffle or Cereal Cheese Stick Fruit and Juice Syrup Milk Choices(10-10,10-24)	Bagel Egg Omelet Fruit and Juice Milk Choices	Biscuit w/ Sausage Gravy or Jelly Fruit and Juice Milk Choices	Muffin or Cereal Egg Patty Fruit and Juice Milk Choices	Fruit and Yogurt Parfait (Strawberries, Blueberries, Vanilla Yogurt&Granola) Cereal & Juice Milk Choices



OCTOBER, 2017- LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Pizza Veggie Tray Pineapple Tidbits Juice 2 Milk Choices	Hot Dog on a Bun Baked Beans Broccoli Florets w/Dip Apricots 3 Milk Choices	Spaghetti w/Meat Sauce Green Beans Chilled Peaches Fresh Baked Breadstick 4 Milk Choices	Teriyaki Beef Dippers Baked Potato Seasoned Carrots Fruit Cup Fresh Baked Roll Milk Choices  5	No School 6
Chicken Nuggets Parmesan Noodles Marinara Dipping Sauce Seasoned Peas Apple slices 9 Milk Choices 	Fish Sticks Ranch Slaw Oven Fries Fresh Fruit 10 Milk Choices	Pepperoni&Cheese Ripper Broccoli & Sweet Red Peppers w/Dip Mandarin Oranges 11 Milk Choices	Maui Chicken Sandwich Seasoned Carrots Lettuce/Tomato Pineapple Rings 12 Milk Choices	Deli Sandwich Garbanzo Bean Salad Fruit Cup Sun Chips Pickle Spear 13 Milk Choices
Chicken and Noodles Veggie Tray Sliced Apples Honey Corn Biscuit 16 Milk Choices	Cheeseburger Baked Beans Tossed Salad Mixed Fruit Salad 17 Milk Choices	Sloppy Joe Broccoli Florets w/Dip Fresh Fruit Fruit Snack 18 Milk Choices 	Turkey Gravy & Potatoes Seasoned Carrots Fruit Cup Fresh Baked Roll 19 Milk Choices	Pancakes Egg Omelet Celery&Carrots w/Sun butter Strawberries 20 Milk Choices
Pizza Veggie Tray Pineapple Tidbits Cheese Cracker 23 Milk choices	Chicken Soft Taco Brown Rice Diced Tomatoes/Lettuce Salsa/Sour Cream Raisels 24 Milk Choices	Lentil Chili & Chips Cheese/Sour Cream Cucumbers Fresh Pear Cookie 25 Milk Choices 	Orange Chicken Noodle Chow Mein Veggie Tray Mandarin Oranges 26 Milk Choices	Super Nachos Refried Beans Chilled Pears Salsa/NF Sour Cream 27 Milk Choices
Teriyaki Chicken Brown Rice Seasoned Corn Tossed Green Salad Apple Slices 30 Milk Choices	Chicken Burger Lettuce/Tomato Roasted Veggies Mandarin Oranges Dirt and Worms 31 Milk Choices 	<p>October is National Nutrition Month!! Everything you eat and drink matters - focus on variety, amount, and nutrition. Choose foods and beverages with less saturated fat, sodium, and added sugars. Making small changes at a time can help make these changes permanent.</p> <p><u>Please make sure your lunch accounts are paid ahead and money is kept on account.</u> <u>Talk to your schools' secretary if you have questions on your account. Thank you!</u></p>		



OCTOBER 6, NO SCHOOL - PROFESSIONAL DEVELOPMENT DAY
 *Schools with salad bars will have the same entrée, but may have different fruit and vegetable options
 **All grain products are whole grain.
 LMS - Deli Sandwich available daily.



Milk Choices May Include:
 1% White, Non-Fat Chocolate,
 and Non-Fat Strawberry

CELEBRATE BREAKFAST!!! EAT BREAKFAST AT SCHOOL FOR A VARIETY OF CHOICES.