

East Chambers Elementary
October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1 HONEY BUN</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce of Fresh Fruit Choice of Milk	<u>2 CEREAL W/ POP TART</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Vegetable Soup Cuban Black Bean Salad Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>3 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>4 POP TART</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	5
<u>8 KOLACHE</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun Potato Smiles Broccoli and Cheese Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>9 POP TART</u> Chicken Fajitas or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>10 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>11 CEREAL W/ POP TART</u> Chicken Parmesan or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>12 PANCAKES</u> Corn Dogs or Ham and Cheese Sandwich Sweet Potato Fries Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>15 HONEY BUN</u> BBQ Sausage Link on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans French Fries Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>16 CEREAL W/ POP TART</u> Beef and Cheese Burrito or Crispy Beef Tacos Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>17 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>18 POP TART</u> Spaghetti W/ Meat Sauce or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>19 FRENCH TOAST STICKS</u> Chicken Tenders w/ Roll or Ham and Cheese Wrap Potato Smiles Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk

<p><u>22 KOLACHE</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun “Pizza” Green Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk</p>	<p><u>23 POP TART</u> Beef and Cheese Nachos or Breaded Beef on Bun Refried Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk</p>	<p><u>24 SAUSAGE PANCAKE BITES</u> Pepperoni Pizza Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk</p>	<p><u>25 CEREAL W/ POP TART</u> Oven Fried Chicken or Blueberry Parfait Mashed Potatoes Gravy Cheesy Green Beans Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk</p>	<p><u>26 PANCAKES</u> Bosco Cheese Sticks Ham and Cheese on Bun Oven Baked Chips Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk</p>
<p><u>29 HONEY BUN</u> Hamburger on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce of Fresh Fruit Choice of Milk</p>	<p><u>30 CEREAL W/ POP TART</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Vegetable Soup Cuban Black Bean Salad Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk</p>	<p><u>31 BREAKFAST PIZZA</u> Cheese Pizza or Chef Salad Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk</p>		