

East Chambers Elementary
October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>1 FRENCH TOAST STICKS</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Tomato Soup Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>2 EGGSTRAVAGANZA</u> <u>W/BISCUIT</u> Cheese Pizza or Grilled Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>3 PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	4
<u>7 BREAKFAST PIZZA</u> BBQ on Bun or Hot and Spicy Chicken Patty on Bun French Fries Baked Beans Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>8 FRENCH TOAST STICKS</u> Chicken Quesadilla or Breaded Beef on Bun Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>9 EGGSTRAVAGANZA</u> <u>W/BISCUIT</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>10 PANCAKES</u> Steak Fingers or Strawberry Parfait Mashed Potatoes W/ Gravy Corn Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>11 SAUSAGE PANCAKE</u> Corn Dogs or Hot Ham and Cheese on Bun French Fries Peas Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>14 BREAKFAST PIZZA</u> BBQ Sausage link on Bun or Hot and Spicy Chicken Patty on Bun Pork-n-Beans Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>15 FRENCH TOAST STICKS</u> Beef and Cheese Burrito or Crispy Beef Taco Pinto Beans Spanish Rice Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>16 EGGSTRAVAGANZA</u> <u>W/BISCUIT</u> Cheese Pizza or Grilled Cheese Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>17 PANCAKES</u> Spaghetti or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>18 SAUSAGE PANCAKE</u> Chicken Tenders w/ Roll or Ham and Cheese Quesadilla Corn French Fries Romaine Salad or Fresh Vegetables Smoothie or Fresh Fruit Choice of Milk

<u>21 BREAKFAST PIZZA</u> Chicken Patty on Bun or Hot and Spicy Chicken Patty on Bun Broccoli and Cheese Potato Smiles Romaine Salad or Fresh Vegetables Applesauce or Fresh Fruit Choice of Milk	<u>22 FRENCH TOAST STICKS</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	<u>23 EGGSTRAVAGANZA W/BISCUIT</u> Pepperoni Pizza or Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>24 PANCAKES</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	<u>25 SAUSAGE PANCAKE</u> Bosco Cheese Sticks or Hot Ham and Cheese on Bun Oven Baked Chips Romaine Salad or Fresh Vegetables Pineapple or Fresh Fruit Choice of Milk
<u>28 BREAKFAST PIZZA</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>29 FRENCH TOAST STICKS</u> Cuban Flatbread Sandwich Or Grilled Cheese sandwich Tomato Soup Romaine Salad or Fresh Vegetables 100% Fruit Juice or Fresh Fruit Choice of Milk	<u>30 EGGSTRAVAGANZA W/BISCUIT</u> Cheese Pizza or Grilled Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>31 PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	