

East Chambers Primary
October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>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>KOLACHE</u> Cheese Pizza or Grilled Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	
<u>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>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>KOLACHE</u> Pepperoni Pizza Chef Salad Seasoned Carrots Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>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>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>BREAKFAST PIZZA</u> Hot Dog 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>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>KOLACHE</u> Cheese Pizza or Grilled Cheese Green Beans Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>PANCAKES</u> Ravioli or Yogurt Tray Green Peas Roll Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	<u>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>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>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>KOLACHE</u> Pepperoni Pizza or Chef Salad Corn Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>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>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>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>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>KOLACHE</u> Cheese Pizza or Grilled Cheese Green Peas Romaine Salad or Fresh Vegetables Mandarin Oranges or Fresh Fruit Choice of Milk	<u>PANCAKES</u> Chili or Yogurt Tray Green Beans Rice Crackers Romaine Salad or Fresh Vegetables Peaches or Fresh Fruit Choice of Milk	