





**ELK CITY PUBLIC SCHOOLS
MENU
OCTOBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Omelet w/ Salsa Fruit Choice Chicken and Waffles Sweet Potato Fries Veggie Sticks Fruit Choice	2 Biscuit and Gravy Fruit Choice Popcorn Chicken Bowl Corn Mashed Potatoes and Gravy Hot Roll Fruit Choice	3 French Toast Sticks w/ Syrup Fruit Choice Asian Chicken Brown Rice Fresh Salad Grape Tomatoes Fruit Choice	4 Muffin Choice Fruit Cheese Bites Marinara Corn Salad Carrot Sticks Fruit Choice
7 Cheesy Scrambled Eggs w/ Bacon Fruit Choice Hamburger/Cheeseburger French Fries/Potato Smiles(Elem) Baked Beans Pickle Spear Fruit Choice	8 Sausage & Cheese Biscuit Fruit Choice Frito Chili Pie Shredded Cheese Glazed Carrots Fruit Choice	9 Breakfast Pizza Fruit Choice Chicken Tenders Green Beans Mashed Potatoes & Gravy Hot Roll Fruit Choice	10 Cinnamon Roll Applesauce Spaghetti BreadStick Fresh Salad w/ Ranch Italian Veggies Fruit Choice	11 Pancakes w/ Syrup Fruit Choice Stuffed Crust Pizza Carrot Sticks w/ Ranch Corn Fruit Choice
14 Yogurt and Granola Fruit Choice Crispy Chicken Sandwich Lettuce/Tomato/Pickles Baby Carrots w/ Ranch French Fries Fruit Choice	15 Cheese Omelet w/ Salsa Fruit Choice Cheese Enchilada Mexi Beans Mexi Rice Fruit Choice	16 Biscuit and Gravy Fruit Choice Chicken Nuggets Green Beans Mashed Potatoes w/ Gravy Hot Roll Fruit Choice		
21 Cheesy Scrambled Eggs w/ Bacon Fruit Choice Pulled Pork Sandwich Potato Wedges Carrot Sticks Tossed Salad Fruit Choice	22 Sausage & Cheese Biscuit Fruit Choice Beef Tacos Spanish Rice Refried Beans with Cheese Fresh Salad w/ Ranch Fruit Choice	23 Breakfast Pizza Fruit Choice Chicken Strips Green Beans Mashed Potatoes w/ Gravy Hot Roll Fruit Choice	24 Cinnamon Roll Applesauce Grilled Cheese Fresh Salad w/ Carrot Sticks Sun Chips Fruit Choice	25 Pancakes w/ Syrup Fruit Choice Cheese Sticks Marinara Garbonzo Bean Salad Corn Fruit Choice
28 Yogurt and Granola Fruit Choice Mini Corndogs Baked Beans Carrots w/ Ranch Fruit Choice	29 Cheese Omelet w/ Salsa Fruit Choice Breakfast For Lunch Biscuit and Gravy Sausage/Hashbrowns/Eggs Fruit Choice	30 Biscuit and Gravy Fruit Choice Popcorn Chicken Bowl Corn Mashed Potatoes and Gravy Hot Roll Fruit Choice	31 French Toast Sticks w/ Syrup Fruit Choice Salisbury Steak and Gravy Mac and Cheese Mixed Veggies Fruit Choice	

VARIETY OF MILK AND 100% FRUIT JUICE OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE. CEREAL AND TOAST ARE AVAILABLE DAILY FOR BREAKFAST.

A "Grab and Go" option of a meat and cheese sandwich, fresh fruit and vegetable, and milk and juice are available daily at each site for lunch.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.