

PRAIRIE VALLEY ISD

Breakfast & Lunch Menu

October 2015

			10/1/2015	10/2/2015
Cycle Week 2			BREAKFAST: Pancakes w/Syrup or "Cocoa Puffs" Cereal w/Sausage, Fresh Grapes, SB Applesauce, Slushy, Juice, Milk LUNCH: Popcorn Chicken or Fajita Chicken Salad or Healthy Sack Lunch w/PB&J Sweet Potato Tots, Pork & Beans, <i>Fresh Grapes</i> , Strawberry Applesauce, Slushy, Milk	BREAKFAST: Cinnamon Roll w/Sausage or "Trix" Cereal, H. Graham, Fresh Banana Cinn. Apple Slices, Slushy, Juice, Milk LUNCH: Szechuan Chicken or Chef Salad w/Deli Meats or Healthy Sack Lunch w/Combo Deli Meats Carrot Sticks w/Ranch, Green Beans, <i>Fresh Banana</i> , Cinn. Apple Slices, Slushy, Milk
Cycle Week 3	10/5/2015	10/6/2015	10/7/2015	10/8/2015
	BREAKFAST: Pork Sausage Biscuit or "Fruit Loops" Cereal, H. Graham, Fresh Apples, Mixed Fruit, Slushy, Juice, Milk LUNCH: State Fair Corndog or Italian Antipasto Salad w/Salami or Healthy Sack Lunch w/Bologna & Cheese Sweet Potato Tots, Green Beans, <i>Fresh Apple</i> , Mixed Fruit, Slushy, Milk	BREAKFAST: Mini Cinnamon Cheese Bagels or "Lucky Charms" Cereal, H. Graham, Fresh Banana, SG Applesauce, Slushy, Juice, Milk LUNCH: Grilled Chicken Sandwich or Fajita Chicken Salad or Healthy Sack Lunch w/Turkey & Cheese French Fries, Pork & Beans, <i>Fresh Banana</i> , Sour Green Applesauce, Slushy, Milk	BREAKFAST: Breakfast Pancake Wrap or "Cinn. Toast Crunch" Cereal w/Sausage, Fresh Grapes, Cinn. Apple Slices, Slushy, Juice, Milk LUNCH: Chicken Fajita Tacos or Garden Pasta Salad or Healthy Sack Lunch w/Ham & Cheese Mexicali Corn, Lettuce Topping, <i>Fresh Grapes</i> , Cinn. Apple Slices, Slushy, Milk	BREAKFAST: Blueberry Mini Loaf or "Cocoa Puffs" Cereal, H. Graham, Fresh Watermelon, Peaches, Slushy, Juice, Milk LUNCH: Chicken Tenders w/Gravy or Fajita Chicken Salad or Healthy Sack Lunch w/PB&J Mashed Potatoes w/Gravy, Green Beans, <i>Fresh Watermelon</i> , Peaches, Slushy, Milk
Cycle Week 4	10/12/2015	10/13/2015	10/14/2015	10/15/2015
	BREAKFAST: Biscuits & Sausage w/Gravy or "Fruit Loops" Cereal, H. Graham, Fresh Grapes, Mixed Fruit, Slushy, Juice, Milk LUNCH: Classic Hamburger or Italian Antipasto Salad w/Salami or Healthy Sack Lunch w/Bologna & Cheese French Fries, Lettuce Topping, <i>Fresh Grapes</i> , Mixed Fruit, Slushy, Milk	BREAKFAST: Cinnamon Toast w/Sausage or "Lucky Charms" Cereal w/Sausage, Fresh Apple, Majestic Pears, Slushy, Juice, Milk LUNCH: Chicken Nuggets w/Gravy or Fajita Chicken Salad or Healthy Sack Lunch w/Turkey & Cheese Mashed Potatoes w/Gravy, Green Beans, <i>Fresh Apple</i> , Majestic Pears, Slushy, Milk	BREAKFAST: Mini Corndogs or "Cinn. Toast Crunch" Cereal, H. Graham, Fresh Orange, Cinn. Apple Slices, Slushy, Juice, Milk LUNCH: Tony's Pepperoni Pizza or Garden Pasta Salad or Healthy Sack Lunch w/Ham & Cheese Buttered Corn, Sweet Potato Tots, <i>Fresh Orange</i> , Cinn. Apple Slices, Slushy, Milk	BREAKFAST: Pancakes w/Syrup or "Cocoa Puffs" Cereal w/Sausage, Fresh Watermelon, Peaches, Slushy, Juice, Milk LUNCH: Baseball Park Hot Dog or Fajita Chicken Salad or Healthy Sack Lunch w/PB&J French Fries, Baked Beans, <i>Fresh Watermelon</i> , Peaches, Slushy, Milk
Cycle Week 1	10/19/2015	10/20/2015	10/21/2015	10/22/2015
	BREAKFAST: Pork Sausage Biscuit or "Fruit Loops" Cereal, H. Grahams, Fresh Grapes, Mixed Fruit, Slushy, Juice, Milk LUNCH: Tasty Rib Sandwich or Italian Antipasto Salad w/Salami or Healthy Sack Lunch w/Bologna & Cheese French Fries, Lettuce Topping, <i>Fresh Grapes</i> , Mixed Fruit, Slushy, Milk	BREAKFAST: Mini Strawberry Cheese Bagel or "Lucky Charms" Cereal, H. Graham, Fresh Watermelon, Pineapple, Slushy, Juice, Milk LUNCH: Frito Chili Pie or Fajita Chicken Salad or Healthy Sack Lunch w/Turkey & Cheese Buttered Corn, Pinto Style Beans, <i>Fresh Watermelon</i> , Pineapple Tidbits, Slushy, Milk	BREAKFAST: Breakfast Pancake Wrap or "Cinn. Toast Crunch" Cereal w/Sausage, Fresh Orange, SG Applesauce, Slushy, Juice, Milk LUNCH: Chicken Quesadilla or Garden Pasta Salad or Healthy Sack Lunch w/Ham & Cheese Sweet Potato Tots, Refried Beans, <i>Fresh Orange</i> , Sour Green Applesauce, Slushy, Milk	BREAKFAST: Banana Mini Loaf or "Cocoa Puffs" Cereal, H. Graham, Fresh Cantaloupe, Pineapple Tidbits, Slushy, Juice, Milk LUNCH: Steakfingers w/Gravy or Fajita Chicken Salad or Healthy Sack Lunch w/PB&J Mashed Potatoes w/Gravy, Green Beans, <i>Fresh Cantaloupe</i> , Pineapple Tidbits, Slushy, Milk
Cycle Week 2	10/26/2015	10/27/2015	10/28/2015	10/29/2015
	BREAKFAST: Biscuits & Sausage w/Gravy or "Fruit Loops" Cereal, H. Graham, Fresh Apple, Majestic Pears, Slushy, Juice, Milk LUNCH: Hamburger or Italian Antipasto Salad w/Salami or Healthy Sack Lunch w/Bologna & Cheese French Fries, Lettuce Topping, <i>Fresh Apple</i> , Majestic Pears, Slushy, Milk	BREAKFAST: Cinnamon Toast w/Sausage or "Lucky Charms" Cereal w/Sausage, Fresh Watermelon, Mixed Fruit, Slushy, Juice, Milk LUNCH: Chicken Fried Steak w/Gravy or Fajita Chicken Salad or Healthy Sack Lunch w/Turkey & Cheese Mashed Potatoes w/Gravy, Pinto Style Beans, <i>Fresh Watermelon</i> , Mixed Fruit, Slushy, Milk	BREAKFAST: Mini Corndogs or "Cinn. Toast Crunch" Cereal, H. Graham, Fresh Orange, Pineapple Tidbits, Slushy, Juice, Milk LUNCH: Tony's Pepperoni Pizza or Garden Pasta Salad or Healthy Sack Lunch w/Ham & Cheese Buttered Corn, Baked Beans, <i>Fresh Orange</i> , Pineapple Tidbits, Slushy, Milk	BREAKFAST: Pancakes w/Syrup or "Cocoa Puffs" Cereal w/Sausage, Fresh Grapes, SB Applesauce, Slushy, Juice, Milk LUNCH: Popcorn Chicken or Fajita Chicken Salad or Healthy Sack Lunch w/PB&J Sweet Potato Tots, Pork & Beans, <i>Fresh Grapes</i> , Strawberry Applesauce, Slushy, Milk
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