

# CROSBY-IRONTON SCHOOLS MEAL MENU -

OCTOBER 1-17

2018

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

1	2	3	4	5
Maple pancakes,syrup Applesauce,juice,milk  Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap Grab&Go Grade 9-12	Scrambled egg wrap Peaches,Juice,Milk  Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chef salad Quesadilla Grab&Go Grade 9-12	Pancake & sausage on a stick Pears, Juice, Milk Turkey gravy Mashed potatoes Glazed Carrots Mixed fruit WW bread & Jelly Milk HS-alternates Taco salad Ham & cheese stacker Grab&Go Grade 9-12	Cereal, Muffin Orange wedges Juice, Milk Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk HS alternates Chef salad Corn dog Grab&Go Grade 9-12	Egg & cheese biscuit Mixed fruit, juice, Milk  Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk HS alternates Chicken Caesar salad Yogurt boat Grab&Go Grade 9-12
8	9	10	11	12
Waffles/fruit topping Applesauce,Juice,Milk  Chicken nuggets Tex Mex bean bake Greek salad Tropical fruit Bread stick Milk HS alternates Chef salad Yogurt parfait Grab&Go Grade 9-12	Breakfast Pizza Peaches, Juice, Milk  Ham & cheese sandwich Chicken noodle soup Creamy Coleslaw Pears Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Apple Frudel Banana, Juice, Milk  Tuscan herb chicken Brown rice pilaf Green beans Broccoli Parm. salad Apple wedges Milk HS alternates Taco salad Teriyaki chicken bowl Grab&Go Grade 9-12	Cereal, WW cinn. roll Pears, Juice, Milk  Garlic cheese bread Marinara sauce Caesar salad Pineapple& - Mandarin oranges Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Turkey sausage bagel Pineapple, Juice, Milk  Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Peaches Milk HS alternates Chef salad Fish sandwich Grab&Go Grade 9-12
15	16	17		
Maple pancakes,syrup Applesauce,juice,milk  Chicken tender wrap with toppings Corn Southwest salad Peaches Milk HS-alternates Chef salad Hot Ham & cheese Grab&Go Grade 9-12	Scrambled egg wrap Peaches,Juice,Milk  Walking taco Assorted toppings WW roll Fresh crunchy carrots Pears Milk HS-alternates Chef salad Fajita chicken Grab&Go Grade 9-12	Pancake & sausage on a stick Pears, Juice, Milk  Corn dog Tex Mex Bean Bake Broccoli craisin salad Tropical fruit Milk HS-alternates Southwest Chix salad Shredded pork / bun Grab&Go Grade 9-12	<b>Meal costs</b> <b>Breakfast -\$1.55</b> <b>at both schools</b> <b>Lunches</b> <b>C.R.E.S. - \$2.45</b> <b>H.S. - \$2.70</b>  <b>REMEMBER</b> <b>Each reimbursable</b> <b>meal must contain</b> <b>1/2 cup of fruit or</b> <b>vegetables.</b>	Celebrate National School Lunch Week October 15-19

# CROSBY-IRONTON SCHOOLS MEAL MENU -

OCTOBER 22-31

2018

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

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22	23	24	25	26
Waffles/fruit topping Applesauce, Juice, Milk	Breakfast pizza Peaches, Juice, Milk	Apple Frudel Banana, Juice, Milk	Cereal, WW cinn. roll Pears, Juice, Milk	Turkey sausage bagel Pineapple, Juice, Milk
Tator-tot hotdish WW Bread & jelly Steamed broccoli Caesar salad Fresh fruit Milk HS-alternates Chef salad Breakfast bowl Grab&Go Grade 9-12	Beef hot dog on a WW bun, Baked beans Seasoned Corn Applesauce Milk HS-alternates Caesar chicken salad Fish on a bun Grab&Go Grade 9-12	Teriyaki chicken Rice Pilaf Glazed Carrots Banana fruit cup Dinner roll Milk HS-alternates Chef salad Tuscan chicken Grab&Go Grade 9-12	Garlic cheese bread Marinara sauce Greek Salad Peaches Milk HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Breaded Pork / bun Potato wedges Green beans Garden greens salad Pears Milk HS-alternates Taco salad Caesar chicken wrap Grab&Go Grade 9-12
29	30	31		
Maple pancakes, syrup Applesauce, juice, milk	Scrambled egg wrap Peaches, Juice, Milk	Pancake & sausage on a stick Pears, Juice, Milk Turkey gravy Mashed potatoes Glazed Carrots Mixed fruit WW bread & Jelly Milk HS-alternates Taco salad Ham & cheese stacker Grab&Go Grade 9-12		
Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap Grab&Go Grade 9-12	Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chef salad Quesadilla Grab&Go Grade 9-12			
<b>Additional choices of fruits or vegetables are offered daily at each school.</b>		<b>Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts.</b>		<b>Meal costs Breakfast - \$1.55 at both schools Lunches C.R.E.S. - \$2.45 H.S. - \$2.70</b>
<b>Cereal is available as a breakfast alternate daily at each school.</b>		<b>Just go to the Crosby- Ironton website and look under the Wellness tab.</b>		<b>REMEMBER Each reimbursable meal must contain 1/2 cup of fruit or vegetables.</b>