

TREYNOR COMMUNITY SCHOOL

October 2022 Breakfast & Lunch Menus

Breakfast \$1.45 K-5 Lunch \$2.55 6-12 Lunch \$2.70 Extra Milk \$0.50

Breakfast includes 100% juice and or fruit and a milk choice.

All lunches include a fruit choice available each day, whole grain bread and buns are served along with a daily milk choice.

Treynor Community School is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fruit or Juice WG Cereal WG Breakfast Bar	4 Fruit or Juice Pancakes Sausage	5 Fruit or Juice WG Cereal & Breakfast Bar K-5 Biscuit & Gravy 6-12	6 Fruit or Juice Egg WG Toast	7 Fruit or Juice WG Cereal Long John
Mac & Cheese Corn Dog Mixed Vegetable Applesauce (6-12 Salad Bar)	Hamburger /Bun Lettuce, Tomato Oven Fries Peaches Pudding (4-12 Salad Bar)	Nachos Black Bean Salsa Peas Pears (4-12 Salad Bar)	Deli Sub Sandwich Lettuce, Tomato Chips Fruit Cookie (4-12 Salad Bar)	Pretzel/Cheese Sauce Little Smokies Green Beans Pears No Salad Bar
10 Juice or Fruit WG Cereal Breakfast Bar	11 Fruit or Juice WG Mini Cinnis & Sausage	12 Fruit or Juice Biscuits & Gravy	13 Fruit or Juice Breakfast Pizza	14 Fruit or Juice WG Cereal WG Toast
French Toast Sticks Sausage Carrots & Hummus Yogurt 9-12 Fruit (6-12 Salad Bar)	Popcorn Chicken Mashed Potatoes/Gravy Corn Pears WG Bread 6-12 (4-12 Salad Bar)	Mr. Ribb Triangle Potato Applesauce Brownie (4-12 Salad Bar)	Hot Dog/Bun Broccoli & Cheese Pineapple/Oranges (4-12 Salad Bar)	Chicken Noodle Soup Grilled Cheese Peas Applesauce (No Salad Bar)
17 Fruit or Juice WG Cereal Breakfast Bar	18 Fruit or Juice WG Pancake Stick	19 Fruit or Juice WG Cereal Breakfast Bar	20 Fruit or Juice Egg, Sausage & Cheese Biscuit	21 Fruit or Juice WG Cereal Long John
Chicken Patty /Bun Green Beans Sweet Potato Fries Pears (6-12 Salad Bar)	Walking Taco Refried Beans 6-12 Lettuce, Tomato, Cheese Peas Fresh Fruit (4-12 Salad Bar)	Meatball Sub Marinara Sauce Mozzarella Cheese Mixed Vegetable Peaches WG Cookie (4-12 Salad Bar)	Pizza Corn Garden Spinach Salad Pears String Cheese 9-12 (4-12 Salad Bar)	Stir Fry Seasoned Rice Vegetables Pineapple/Oranges (No Salad Bar)
24 Fruit or Juice WG Cereal Breakfast Bar	25 Fruit or Juice WG Pancakes Sausage	26 Fruit or Juice WG Cereal Breakfast Bar	27 Fruit or Juice Breakfast Power Bites	28 No School
Cheese Bites Marinara Sauce Green Beans Pears Bug Bites (9-12) (6-12 Salad Bar)	Chicken Fried Steak Mashed Potatoes/Gravy Corn Peaches WG Dinner Roll (4-12 Salad Bar)	Pork Fitter /Bun Tater Tots Carrots & Hummus Fruit Dessert (4-12 Salad Bar)	Beef Taco Black Beans & Rice Lettuce, Tomato, Cheese Potato Coins Fruit (4-12 Salad Bar)	
31 Fruit or Juice WG Cereal WG Breakfast Bar				
Eerily Alike Nuggets Web Fries Carrots or Broccoli Cookie (6-12 Salad Bar)				(We reserve the right to make changes substitui- tions as necessary.)