



# TREYNOR COMMUNITY SCHOOL

October, 2021 Breakfast & Lunch Menus

Extra Milk \$0.50



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
| (We reserve the right to make changes or substitutions as necessary.)                              | Fresh Vegetable Bar<br>Monday-Friday   |  |   | 1 Juice or Fruit<br>WG Cereal<br>WG Banana Bread   |
|  |  |  |   | Chicken Strips<br>Potato Wedges<br>Fresh Broccoli<br>Applesauce<br>WG Bread 9-12<br><br>(No Salad Bar) |
| 4 Fruit or Juice<br>WG Cereal<br>WG Breakfast Bar  | 5 Fruit or Juice<br>Pancakes<br>Sausage  | 6 Fruit or Juice<br>WG Cereal &<br>Breakfast Bar K-5<br>Biscuit & Gravy 6-12   | 7 Fruit or Juice<br>Egg<br>WG Toast   | 8 Fruit or Juice<br>WG Cereal<br>Long John   |
| Mac & Cheese<br>Corn Dog<br>Mixed Vegetable<br>Applesauce<br><br>(6-12 Salad Bar)                  | Hamburger /Bun<br>Oven Fries<br>Peaches<br>Pudding<br><br>(4-12 Salad Bar)                                   | Nachos<br>Black bean Salsa<br>Green Beans<br>Lettuce, Tomato, Cheese<br>Pears<br><br>(4-12 Salad Bar)                  | Deli Sub Sandwich<br>Potato Wedges<br>Fruit<br>Cookie<br><br>(4-12 Salad Bar)                               | Stir Fry<br>Seasoned Rice<br>Vegetables<br>Pineapple/Oranges<br><br>(No Salad Bar)                     |
| 11 Juice or Fruit<br>WG Cereal<br>Breakfast Bar  | 12 Fruit or Juice<br>WG Mini Cinnis<br>& Sausage   | 13 Fruit or Juice<br>Biscuits & Gravy  | 14 Fruit or Juice<br>Breakfast Pizza  | 15 Fruit or Juice<br>WG Cereal<br>WG Toast   |
| Quesadilla<br>Tater Tots<br>Carrots & Hummus<br>Peaches<br>Snack Cookie<br><br>(6-12 Salad Bar)    | Popcorn Chicken<br>Mashed Potatoes/Gravy<br>Corn<br>Pears<br>WG Bread 6-12<br><br>(4-12 Salad Bar)           | Mr. Ribb<br>Triangle Potato<br>Applesauce<br>Brownie<br><br>(4-12 Salad Bar)   | Hot Dog/Bun<br>Broccoli & Cheese<br>Pineapple/Oranges<br><br><b>(6-12 Salad Bar)</b>                        | Chicken Noodle Soup<br>Grilled Cheese<br>Peas<br>Applesauce<br><br>(No Salad Bar)                      |
| 18 Fruit or Juice<br>WG Cereal<br>Breakfast Bar  | 19 Fruit or Juice<br>WG Pancake Stick  | 20 Fruit or Juice<br>WG Cereal<br>Breakfast Bar  | 21 Fruit or Juice<br>Egg, Sausage &<br>Cheese Biscuit   | 22   |
| Chicken Patty /Bun<br>Green Beans<br>Sweet Potato Fries<br>Pears<br><br>(6-12 Salad Bar)           | Walking Taco<br>Refried Beans 6-12<br>Lettuce, Tomato, Cheese<br>Peas<br>Fresh Fruit<br><br>(4-12 Salad Bar) | Meatball Sub<br>Marinara Sauce<br>Mozzarella Cheese<br>Mixed Vegetable<br>Peaches<br>WG Cookie<br><br>(4-12 Salad Bar) | Pizza<br>Corn<br>Garden Spinach Salad<br>Pears<br>String Cheese 9-12<br><br>(4-12 Salad Bar)                | <b>No School</b>   |
| 25 Fruit or Juice<br>WG Cereal<br>Breakfast Bar  | 26 Fruit or Juice<br>WG Pancakes<br>Sausage  | 27 Fruit or Juice<br>WG Cereal<br>Breakfast Bar  | 28 Fruit or Juice<br>Breakfast Power Bites  | 29 Fruit or Juice<br>WG Cereal<br>Breakfast Bar  |
| Cheese Bites<br>Marinara Sauce<br>Green Beans<br>Pears<br>Bug Bites (9-12)<br><br>(6-12 Salad Bar) | Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Corn<br>Peaches<br>WG Dinner Roll<br><br>(4-12 Salad Bar)    | Pork Fitter /Bun<br>Tater Tots<br>Fruit Dessert<br><br>(4-12 Salad Bar)  | Beef Taco<br>Black Beans & Rice<br>Lettuce, Tomato, Cheese<br>Potato Coins<br>Fruit<br><br>(4-12 Salad Bar) | Spooky Nuggets<br>Web Fries<br>Carrots or Broccoli<br>"EEK" Side Kicks<br><br>(No Salad Bar)           |