

# JEFFERSON COUNTY SCHOOL DISTRICT 509-J

Madras High School, Bridges High School, ROOTS

## October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student's lunch must include: A choice of $\frac{1}{2}$ cup of fruit or vegetable <b>OR</b> a combination of fruit and vegetables to equal $\frac{1}{2}$ cup.	Student's breakfast must include a $\frac{1}{2}$ cup of fruit. <b>MENU SUBJECT TO CHANGE!</b>  A choice of Low-fat Milk is Offered at Breakfast and Lunch.	<b>Breakfast</b> Visiting Children: \$1.75 Adult Price: \$3.00 Milk: \$.75 <b>Lunch</b> Visiting Children: \$2.50 Adult Price: \$5.00	<b>FREE BREAKFAST &amp; LUNCH FOR ALL STUDENTS!</b> <b>NATIONAL SCHOOL LUNCH WEEK!</b> <b>OCTOBER 11-15, 2021</b>	<b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b> Water is available during breakfast and lunch. Water is not a substitute for milk.
				1 Cinnamon Bun – String Cheese Fruit Juice – Cranberries  Chickenwich Potato Wedges Vegetable Medley w/Ranch Cup Orange – Fruit Cup
4 Cereal Bowl Fruit Juice – Peach Cup   Chicken Tenders – Breadsticks Mashed Potatoes Green Beans Blueberries	5 Maple Mini Pancakes Fruit Juice – Cranberries   Pepperoni <b>OR</b> Cheese Pizza Romaine Salad Baby Carrots – Pears	6 Breakfast Pizza Fruit Juice – Mixed Berry Cup   Chicken Fajita w/cheese Brown Rice Vegetable Medley w/Dip Cup Orange – Strawberry Cup	7 Waffles & Mini Cheese Omelet Fruit Juice – Raisins   Italian Spaghetti – Garlic Bread Romaine Salad – Celery Sticks Peaches	8 <b>NO SCHOOL!</b> <b>STATEWIDE INSERVICE</b>  
11 Blueberry Muffin – String Cheese Fruit Juice – Cranberries  Popcorn Chicken Banana Bread Mashed Potatoes – Peas Applesauce Cup – Raisins	12 Breakfast Burrito Fruit Juice – Raisins  Cheesy Beef & Macaroni Cornbread Muffin Romaine Salad – Carrots Apple – Fruit Cup	13 Breakfast Pizza Fruit Juice – Mixed Berry Cup  Chicken Noodle Soup Grilled Cheese Sandwich Vegetable Medley w/Dip Cup Peaches	14 Cinnamon French Toast Fruit Juice – Peach Cup  Chickenwich Baked Oven Fries Celery Sticks Pears	15 Sausage, Egg, & Cheese Bagel Fruit Juice – Applesauce Cup  Cheeseburger Vegetarian Beans Potato Shoestring Fry Orange - Blueberries
18 Cereal Bowl Fruit Juice – Peach Cup  BBQ Chicken Sandwich Baked Doritos Corn – Celery Sticks Peaches	19 Maple Mini Pancakes Fruit Juice – Cranberries  Smoked Bean & Turkey Soup Grilled Cheese Sandwich Vegetable Medley w/Dip Strawberry Cup – Apple	20 Breakfast Pizza Fruit Juice – Mixed Berry Cup  Pepperoni <b>OR</b> Cheese Pizza Romaine Salad Carrots Blueberries	21 Blueberry Waffles Fruit Juice – Raisins  Chicken Alfredo Garlic Bread Romaine Salad – Carrots Applesauce Cup – Orange	22 Cinnamon Bun – String Cheese Fruit Juice – Strawberry Cup  Hot Ham & Cheese Sandwich Potato Shoestring Fry Vegetarian Beans Pears
25 French Toast Fruit Juice – Applesauce Cup  Chicken Tenders Brown Rice Green Beans – Carrots Strawberry Cup – Apple	26 Breakfast Burrito Fruit Juice – Banana  Pepperoni <b>OR</b> Cheese Pizza Romaine Salad Carrots Blueberries	27 Breakfast Pizza Fruit Juice – Mixed Berry Cup  Sloppy Joe on a Bun Baked Potato Wedges Romaine Salad w/Dip Cup Applesauce Cup – Banana	28 Waffles & Mini Cheese Omelet Fruit Juice – Apple  Macaroni & Cheese Breadsticks Romaine Salad – Celery Sticks Peach Cup - Craisins	29 Blueberry Muffin – String Cheese Fruit Juice – Applesauce Cup  Cheeseburger Potato Smiles Vegetable Medley w/Dip Orange – Fruit

### HAPPY HALLOWEEN!

