

CWL ELEMENTARY  
BREAKFAST AND LUNCH MENU

MONDAY, OCTOBER 2

BREAKFAST: EGG/SAUSAGE PATTY, WHEAT TOAST WITH JELLY, PEACHES, JUICE, MILK  
LUNCH: CHICKEN TETRAZZINI, TOSSED SALAD, STEAMED CARROTS, WHOLE GRAIN BREADSTICK,  
STRAWBERRIES, MILK

TUESDAY, OCTOBER 3

BREAKFAST: CEREAL, MUFFIN, BANANA, JUICE, MILK  
LUNCH: MR. RIBB ON A BUN, DARK GREEN LEAF LETTUCE & TOMATO, GREEN BEANS, KIWI, MILK

WEDNESDAY, OCTOBER 4

BREAKFAST: FRENCH TOAST, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK  
LUNCH: LASAGNA, GARDEN SALAD, FRENCH BREAD, APPLE WEDGES, MILK

THURSDAY, OCTOBER 5

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, ORANGES, JUICE, MILK  
LUNCH: CHICKEN DRUMSTICK, MASHED POTATOES WITH GRAVY, FRESH BROCCOLI, CORN, WHEAT  
BREAD, SLICED PEACHES, MILK

FRIDAY, OCTOBER 6

BREAKFAST: LONG JOHNS, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK  
LUNCH: SLOPPY JOE ON A BUN, TATER TOTS, BAKED BEANS, GRAPES, MILK

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MONDAY, OCTOBER 9

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, APPLE WEDGES, JUICE, MILK  
LUNCH: WEINER WINKS, MASHED POTATOES, BROCCOLI WITH CHEESE, MANDARIN ORANGES, JELLO,  
MILK

TUESDAY, OCTOBER 10

BREAKFAST: CEREAL, CINNAMON BREAD, BANANA, JUICE, MILK  
LUNCH: CHICKEN WRAP, ROMAINE & TOMATO, SPANISH RICE, STEAMED CARROTS, MIXED FRUIT, MILK

WEDNESDAY, OCTOBER 11

BREAKFAST: PANCAKES, SAUSAGE LINK, APPLESAUCE, JUICE, MILK  
LUNCH: SPAGHETTI WITH MEAT SAUCE, GARDEN SALAD, BREADSTICK, GRAPES, MILK

THURSDAY, OCTOBER 12

BREAKFAST: OMELET WITH HAM, MUFFIN, HASHBROWNS, PEARS, JUICE, MILK  
LUNCH: WALKING TACO, REFRIED BEANS, CINNAMON TWIST, PINEAPPLE, MILK

FRIDAY, OCTOBER 13

BREAKFAST: CINNAMON ROLL, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK  
LUNCH: CHICKEN & NOODLES, GREEN BEANS, WHEAT BREAD, ORANGE WEDGES, MILK  
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MONDAY, OCTOBER 16

BREAKFAST: BREAKFAST PIZZA, FRUIT CHOICE, JUICE, MILK

LUNCH: HAMBURGER ON A BUN, LETTUCE & TOMATO, SWEET POTATO FRIES, FRUIT COCKTAIL, RICE KRISPY BAR, MILK

TUESDAY, OCTOBER 17

BREAKFAST: SCRAMBLED EGGS, WHEAT TOAST WITH JELLY, PEARS, JUICE, MILK

LUNCH: CHICKEN NUGGETS, MASHED POTATOES WITH GRAVY, FRESH BROCCOLI, WHEAT BREAD, STRAWBERRIES & BANANAS, MILK

WEDNESDAY, OCTOBER 18

BREAKFAST: CEREAL, POP TART, BANANA, JUICE, MILK

LUNCH: CHILI & CRACKERS, CELERY & CUCUMBERS, CINNAMON ROLL, ORANGE SMILES, MILK

THURSDAY, OCTOBER 19

BREAKFAST: FRENCH TOAST, SAUSAGE LINK, BLUEBERRIES, JUICE, MILK

LUNCH: SCALLOPED POTATOES & HAM, GREEN BEANS, SWEET POTATOES, ANGEL BISCUITS WITH JELLY, KIWI, MILK

FRIDAY, OCTOBER 20

BREAKFAST: ASSORTED ROLLS, CHEESE STICK, ASSORTED FRUIT, JUICE, MILK

LUNCH: MACARONI & CHEESE, MEAT BALLS, PEAS, BABY CARROTS, APPLE WEDGES, MILK

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MONDAY, OCTOBER 23

NO SCHOOL

TUESDAY, OCTOBER 24

NO SCHOOL

WEDNESDAY, OCTOBER 25

NO SCHOOL

THURSDAY, OCTOBER 26

BREAKFAST: BREAKFAST SANDWICH, MANDARIN ORANGES, JUICE, MILK

LUNCH: PIZZA, TOSSED SALAD, BREADED CHEESE STICK WITH MARANARA, BANANA, MILK

FRIDAY, OCTOBER 27

BREAKFAST: DONUTS, TRIX YOGURT, ASSORTED FRUIT, JUICE, MILK

LUNCH: CHICKEN PATTIE ON A BUN, MASHED POTATOES & GRAVY, CORN, ORANGE WEDGES, MILK

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MONDAY, OCTOBER 30

BREAKFAST: CEREAL, BAGEL WITH JELLY, BANANA, JUICE, MILK

LUNCH: CRISPITOS, ROMAINE & TOMATO, GREEN BEANS, PEANUT BUTTER SANDWICH, APPLE WEDGES, MILK

TUESDAY, OCTOBER 31

BREAKFAST: SAUSAGE GRAVY OVER BISCUITS, FRUIT CHOICE, CHEESE STICK, JUICE, MILK

LUNCH: HALLOWEEN MENU.....BOO!!!