



October 2018 Hood Canal School Breakfast/Lunch Menu

*Breakfast Includes: Fruit, Juice, and Milk
Lunches Includes: Salad Bar and Milk
Menu Is Subject To Change*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>Breakfast Burrito</u></p> <p>Meatball Sandwich w/ Marinara Sauce & Cheese, Peaches</p>	<p>2 <u>French Toast w/ Syrup</u></p> <p>Chicken Caesar Salad, Mandarin Oranges, Chickpeas, Garlic Bread</p>	<p>3 <u>Fruit Bowl & Muffin</u> <i>*Taste Washington Day*</i></p> <p>Baked Potato Bar, Cottage Cheese, Fresh Corn on Cob, Pears, Roll</p>	<p>4 <u>Pancake on A Stick</u></p> <p>Chicken Fettuccini, Green Peas, Banana or Apple Slices, Garlic Bread</p>	<p>5 <u>Cold Cereal & Sausage</u></p> <p>Pepperoni Pizza, Green Beans, Mixed Fruit Bowl</p>
<p>8 <u>Pancakes w/ Syrup</u></p> <p>Cheese Ravioli w/ Red Sauce, Garlic Bread, Red Grapes</p>	<p>9 <u>Breakfast Sandwich</u></p> <p>Chicken Burger, French Fries Applesauce</p>	<p>10 <u>Oatmeal & Raisins</u></p> <p>French Dip Sandwich w/ Au Jus, Fresh Fruit Cup</p>	<p>11 <u>Cheese Omelet</u></p> <p>Thai Sweet Chile Chicken, Rice, Pineapple, Breadstick</p>	<p>12 <u>Yogurt Parfait</u></p> <p>Sloppy Joe, Chips w/ Hummus, Peach Cup</p>
<p>15 <u>Scrambled Eggs w/ Cheese</u></p> <p>Hot Ham & Cheese on a Bun, Baked Beans, Green Peas, Apple</p>	<p>16 <u>Choice of Muffin & Sausage</u></p> <p>Chicken Noodle Soup, Cheese Breadstick, Orange or Watermelon</p>	<p>17 <u>Cold Cereal & String Cheese</u></p> <p>Teriyaki Chicken, Rice, Pineapple, Breadstick</p>	<p>18 <u>French Toast Sticks w/ Syrup</u></p> <p>Taco Pie, Chips, Black Beans, Mandarin Oranges</p>	<p>19 <u>Yogurt & Granola Bar</u></p> <p>BBQ Beef Patty on a Bun, Pasta Salad, Pears <i>**Early Dismissal @ 12:00**</i></p>
<p>22 <u>Breakfast Bagel Pizza</u></p> <p>Pulled Pork Sandwich, Coleslaw, Applesauce <i>**Early Dismissal @ 12:00**</i></p>	<p>23 <u>Waffles w/ Strawberries</u></p> <p>Cheese Pizza, Corn, Fresh Fruit Cup <i>**Early Dismissal @ 12:00**</i></p>	<p>24 <u>Breakfast Sandwich</u></p> <p>Turkey or Ham Sandwich, Chips, Fresh Fruit <i>**Early Dismissal @ 12:00**</i></p>	<p>25 <u>Oatmeal w/ Brown Sugar</u></p> <p>Chicken Drumstick, Baked Beans, Peaches, Roll <i>**Early Dismissal @ 12:00**</i></p>	<p>26 <u>Bagel w/ Cream Cheese</u></p> <p>Cheeseburger Sliders, French Fries, Pears <i>**Early Dismissal @ 12:00**</i></p>
<p>29 <u>Egg Quesadilla</u></p> <p>Orange Chicken, Rice, Mixed Fruit, Breadstick</p>	<p>30 <u>Pancakes w/ Syrup</u></p> <p>Burrito, Refried Beans, Orange or Grapes</p>	<p>31 <u>Pumpkin Breakfast Muffin</u></p> <p>Jack-O-Lantern Chili, Ghostly Grapes & Boo Berries</p>	<p><i>October 3</i> <i>"Taste of Washington Day"</i> <i>Lunch will feature products</i> <i>produced in Washington and we</i> <i>will participate in the</i> <i>"Washington Apple Crunch"</i></p>	<p><i>October 15 – 19</i> <i>National School Lunch Week</i></p> <p><i>October 22 – 26</i> <i>Conference Week</i></p>