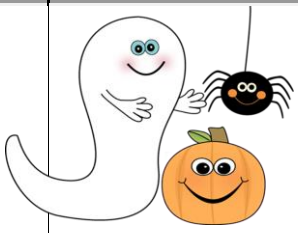
Bear River Student Center K-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1, 2019 **Breakfast** VANILLA YOGURT Granola ^ Applesauce Cup Fruit Punch Juice Milk **Lunch** RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Salsa French Fries Diced Peaches Ketchup Milk	**October 2, 2019** **Breakfast** BANANA MUFFIN ^ String Cheese Fresh Apple* Milk **Lunch** MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Diced Pears Chocolate Cookie ^ Milk	**October 3, 2019** **Breakfast** WHOLE WHEAT BAGEL Cream Cheese Fresh Banana Orange-Tangerine Juice Milk **Lunch** CHEESY TACO MEAT VEGGIE NACHO COMBO CHILI Tortilla Rounds ^ Romaine Lettuce Fresh Red Pepper Slices Fat Free Ranch Dressing Fresh Apple Slices Taco Sauce Milk	**October 4, 2019** **Breakfast** CINNAMON TOAST CRUNCH ^ Animal Grahams Fresh Apple* Milk **Lunch** DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 7, 2019 **Breakfast** FRUITY CHEERIOS ^ Animal Grahams ^ Craisins Apple Juice Milk **Lunch** PANCAKES & SAUSAGE ^ Syrup GRILLED CHEESE SANDWICH ^ Applesauce Cup Tropical Veggie Juice Milk	**October 8, 2019** **Breakfast** Strawberry/Banana Yogurt Granola ^ Diced Pears Fruit Punch Juice Milk **Lunch** HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Potato Wedges Ketchup Mixed Fruit Cup milk	**October 9, 2019** **Breakfast** FROSTED CORN FLAKES ^ Vanilla Waffle Square ^ Fresh Apple* Milk **Lunch** PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	**October 10, 2019** **Breakfast** RICE CHEX ^ Strawberry Pancake Square ^ Fresh Banana Orange-Tangerine Juice Milk **Lunch** CORN DOG ON A STICK^ VEGGIE NUGGETS ^ Maple Baked Beans Baby Carrots Light Ranch Dressing Fresh Pear* Mustard Ketchup BBQ Sauce Milk	**October 11, 2019** **Breakfast** PEACH MINI LOAF^ String Cheese Fresh Apple* Milk **Lunch** TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 14, 2019 **Breakfast** GOLDEN GRAHAM CEREAL ^ French Toast Breakfast Square ^ Craisins Fruit Punch Juice Milk **Lunch** CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Fresh Apple* Milk	**October 15, 2019** **Breakfast** COCOA PUFFS ^ Graham Crackers ^ Diced Peaches Orange-Tangerine Juice Milk **Lunch** BAGEL DOG ^ 4-CHEESE PANINI ^ Golden Potato Rounds Diced Pears Ketchup Mustard Milk	**October 16, 2019** **Breakfast** String Cheese Chocolate Chip Mini Loaf ^ Fresh Apple* Assorted Jelly Milk **Lunch** CHICKEN TACO VEGETARIAN CHILI WITH BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	**October 17, 2019** **Breakfast** VANILLA YOGURT Granola ^ Fresh Banana Applesauce Cup Milk **Lunch** *NATIONAL PASTA DAY* MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Mixed Vegetables Diced Peaches Milk	**October 18, 2019** **Breakfast** APPLE CINNAMON CHEERIOS ^ Maple Breakfast Square ^ Fresh Apple* Milk **Lunch** DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 21, 2019 **Breakfast** TRIX ^ Strawberry Pancake Square ^ Craisins Grape Juice Milk **Lunch** PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ CHEESY PARM WRAP ^ Mixed Vegetables Fresh Orange* Milk	**October 22, 2019** **Breakfast** RASPBERRY YOGURT Granola ^ Mixed Fruit Cup Fruit Punch Juice Milk **Lunch** CHEESE & GREEN CHILE TAMALE Hot Sauce CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce Maple Baked Beans Diced Pears Sun Splash Veggie Juice Milk	**October 23, 2019** **Breakfast** BLUEBERRY MUFFIN^ String Cheese Fresh Apple* Milk **Lunch** CHICKEN QUESO BURRITO ^ BEAN & CHEESE BURRITO ^ Romaine Lettuce Fresh Cucumber Slices Fat Free Ranch Dressing Fresh Pear* Salsa Milk	**October 24, 2019** **Breakfast** PUMPKIN MINI LOAF ^ Fresh Banana Orange-Tangerine Juice Milk **Lunch** FRENCH BREAD CHEESE PIZZA^ CHICKEN NUGGETS ^ Honey Mustard Cup Corn Fresh Apple Slices Milk	**October 25, 2019** **Breakfast** CORN CHEX ^ Vanilla Waffle Square ^ Fresh Apple* Milk **Lunch** TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 28, 2019 **Breakfast** COCOA PUFFS ^ Graham Crackers ^ Craisins Orange-Tangerine Juice Milk **Lunch** POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Mixed Fruit Cup Milk	**October 29, 2019** **Breakfast** STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk **Lunch** RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	**October 30, 2019** **Breakfast** CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk **Lunch** MACARONI & CHEESE HOT DOG Wrapped Hot Dog Bun ^ Mustard Ketchup Fresh Broccoli Florets Baby Carrots Light Ranch Dressing Fresh Banana Milk	**October 31, 2019** **Breakfast** ENGLISH MUFFIN ^ Assorted Jelly Fresh Banana Diced Peaches Milk **Lunch** SLOPPY JOE Wrapped Hamburger Bun ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Light Ranch Dressing Hot Sauce Maple Baked Beans Fresh Apple Slices Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

*** MENU SUBJECT TO CHANGE ***

^ Denotes item is whole-grain/whole wheat.

**This menu is free of peanuts, tree nuts, fish, and shellfish.*

*** This institution is an equal opportunity provider.*