

MUSCATINE SCHOOLS (K - 8) BREAKFAST & LUNCH*



OCT

2017

*Menu subject to change

2	3	4	5	6
Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Corn Dog or Cheeseburger <u>Eat your colors!</u> Fresh Cauliflower & Broccoli Mandarin Oranges	Assorted Cereals w/ Toast or Egg McMuskie Beefy Nachos or Cheeseburger <u>Eat your colors!</u> Refried Beans Salsa Banana	Assorted Cereals w/ Toast or Breakfast Pizza French Toast Sticks w/ Sausage or Cheeseburger <u>Eat your colors!</u> Hashbrown Patty Fresh Honeydew Melon	Assorted Cereals w/ Toast or WG Long John Mini Cheese Ravioli w/ Bread Sticks or Cheeseburger <u>Eat your colors!</u> Steamed Broccoli Fresh Watermelon Chunks	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Sausage Pizza or Cheeseburger Carnival Cookie <u>Eat your colors!</u> Muskie FFA Corn-on-the-Cob Assorted Fresh Fruit Assorted 100% Fruit Juice
9	10	11	12	13
Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Mozzarella Pizza Sticks or Chicken Filet Sandwich <u>Eat your colors!</u> Marinara Sauce Mandarin Oranges	Assorted Cereals w/ Toast or Egg McMuskie Chicken Fajitas or Chicken Filet Sandwich <u>Eat your colors!</u> Peppers & Onions Salsa Fresh Orange	Assorted Cereals w/ Toast or Breakfast Pizza BBQ Rib Sandwich Chicken Filet Sandwich <u>Eat your colors!</u> Potato Wedges Fresh Melon Chunks	Assorted Cereals w/ Toast or WG Long John Beef Walking Taco or Chicken Filet Sandwich <u>Eat your colors!</u> Mixed Green Salad Refried Beans Fresh Strawberries	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings Cheese Pizza or Chicken Filet Sandwich Chocolate Chip Cookie <u>Eat your colors!</u> Assorted Fresh Vegetables Assorted Fresh Fruit Assorted 100% Fruit Juice
~~~ Get your school breakfast! ~ National School Lunch Week ~ Get your school lunch! ~~~				
16	17	18	19	20
Assorted Cereals w/ Toast or Toast w/ Assorted Toppings  Chicken Nuggets w/ Buttered Bread or Muskie Burger  <u>Eat your colors!</u> Cheesy Potatoes Craisins	Assorted Cereals w/ Toast or Egg McMuskie  Chicken Noodles or Muskie Burger  <u>Eat your colors!</u> Steam Carrots Red Grapes	Assorted Cereals w/ Toast or Breakfast Pizza  Ham & Swiss Sandwich or Muskie Burger  <u>Eat your colors!</u> Sweet Potato Fries Fresh Apple Slices	Assorted Cereals w/ Toast or WG Long John  Pork Carnitas or Muskie Burger  <u>Eat your colors!</u> Mixed Green Salad Refried Beans Banana	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings  Pepperoni Pizza or Muskie Burger  Cookie Cup  <u>Eat your colors!</u> Corn Assorted Fresh Fruit Assorted 100% Fruit Juice
23	24	25	26 - 2 hr	27
Assorted Cereals w/ Toast or Toast w/ Assorted Toppings  Hot Dog or BBQ Pork Rib  <u>Eat your colors!</u> Baked Beans Mixed Fruit	Assorted Cereals w/ Toast or Egg Cheese Sandwich  Cheese Nachos or (Melted Cheese & Chips) BBQ Pork Rib  <u>Eat your colors!</u> Refried Beans Red Grapes	Assorted Cereals w/ Toast or Breakfast Pizza  Pancakes w/ Sausage or BBQ Pork Rib  <u>Eat your colors!</u> Tater Tots Assorted 100% Fruit Juice	Assorted Cereals w/ Toast or WG Long John  Taco Spaghetti w/ Dinner Roll or BBQ Pork Rib  <u>Eat your colors!</u> Mixed Green Salad Assorted Fresh Vegetables Fresh Strawberries	NO SCHOOL FOR GHOULS!  
30	31	Nov. 1	2	3
NO SCHOOL FOR GHOULS!  	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings  Shrimp Poppers or Pork Tender  <u>Eat your colors!</u> French Fries Pears	Assorted Cereals w/ Toast or Breakfast Pizza  PBJ* Choices or Pork Tender  <u>Eat your colors!</u> Baked Beans Watermelon Chunks *Sunbutter for Allergen Schools	Assorted Cereals w/ Toast or WG Long John  Macaroni & Cheese or Pork Tender  <u>Eat your colors!</u> Celery w/ Peanut Butter Apple Slices	Assorted Cereals w/ Toast or Toast w/ Assorted Toppings  Cheese Pizza or Pork Tender  Chocolate Cupcake  <u>Eat your colors!</u> Assorted Fresh Vegetables Assorted Fresh Fruit Assorted 100% Fruit Juice

**BREAKFAST** - Offered daily: Assorted Fresh Fruit & 100% Juice **LUNCH** - Offered daily: Fresh Baby Carrots & Fresh Fruit, 1% White & Chocolate Skim Milk

**EXTRA/SNACK MILK:** extras, with a sack lunch from home and/or kindergarten or class snack milk are .55 for each carton for everyone

*ALERT: when peanut butter is served w/ celery, ff ranch will be offered at Elementary Allergen schools

Please contact Alisha Eggers at 263-7223 or [alisha.eggers@mcsdonline.org](mailto:alisha.eggers@mcsdonline.org) with comments or concerns

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