

# BREAKFAST

October 2014

DILLER-ODELL PUBLIC SCHOOL

## Breakfast Fact

MyPlate recommends:

Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



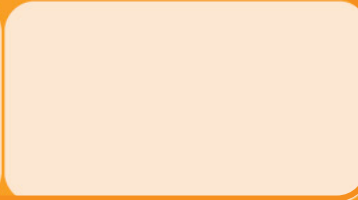
\* monday

\* tuesday

\* wednesday

\* thursday

\* friday



PANCAKE & SAUSAGE ON A STICK **1**  
FRUIT  
JUICE  
MILK

SCRAMBLED EGGS **2**  
TOAST  
FRUIT  
JUICE  
MILK

WG CEREAL **3**  
WG POPTART  
FRUIT  
JUICE  
MILK

WG CEREAL **6**  
WG TOAST  
FRUIT  
JUICE  
MILK

WAFFLE **7**  
SAUSAGE LINK  
FRUIT  
JUICE  
MILK

FRENCH TOAST STIX **8**  
KIWI  
JUICE  
MILK

BISCUIT & GRAVY **9**  
PINEAPPLE  
JUICE  
MILK

WG MUFFIN **10**  
YOGURT CUP  
BANANA  
JUICE  
MILK

NO SCHOOL **13**

BREAKFAST PIZZA **14**  
TROPICAL FRUIT  
JUICE  
MILK

PANCAKE & SAUSAGE ON A STICK **15**  
PINEAPPLE  
JUICE  
MILK

EGG TACO **16**  
FRESH FRUIT  
JUICE  
MILK

WG CEREAL **17**  
WG POPTART  
FRUIT  
JUICE  
MILK

WG CEREAL **20**  
WG TOAST  
FRUIT  
JUICE  
MILK

CINNAMON BREAKFAST CAKE **21**  
APPLESAUCE  
JUICE  
MILK

FRENCH TOAST STIX **22**  
FRESH FRUIT  
JUICE  
MILK

WG PANCAKE **23**  
PEACHES  
JUICE  
MILK

WG CEREAL **24**  
WG POPTART  
FRUIT  
JUICE  
MILK

WG CEREAL **27**  
WG TOAST  
FRUIT  
JUICE  
MILK

YOGURT SMOOTHIE **28**  
WG MUFFIN  
FRUIT  
JUICE  
MILK

PANCAKE & SAUSAGE ON A STICK **29**  
PINEAPPLE  
JUICE  
MILK

SCRAMBLED EGGS **30**  
WG TOAST  
ORANGE SLICES  
JUICE  
MILK

NO SCHOOL **31**

# LUNCH

October 2014

DILLER-ODELL PUBLIC SCHOOL

## Lunch Fact

MyPlate recommends:

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov. Internet: <http://www.myplate.gov/>.



\* monday

\* tuesday

\* wednesday

\* thursday

\* friday

**FRESH VEGETABLE AND FRUIT BAR AVAILABLE DAILY**

FIESTADO PIZZA  
LETTUCE SALAD  
CORN  
ORANGE SLICES  
MILK

6

BREADED BEEF PATTIE  
MASHED POTATOES  
GREENBEANS  
FRUIT COCKTAIL  
WG ROLL MILK

7

BREADED CHICKEN PAT  
BAKED BEANS  
LETTUCE SALAD  
GRAPES  
WG ROLL MILK

1

GOULASH  
GREENBEANS  
FRUIT SALAD  
CORN MUFFIN  
MILK

2

TACO SOUP  
CORN CHIPS  
FRESH BROCCOLI  
SLICED PEARS  
SNICKERDOODLE COOKE  
MILK

3

NO SCHOOL

13

CHILI OR  
CHICKEN NOODLE SOUP  
FRESH VEGGIES  
SLICED PEACHES  
CINNAMON ROLL MILK

14

CAVATINI  
LETTUCE SALAD  
SLICED PEARS  
GARLIC TOAST  
MILK

15

MINI CORNDOGS  
GREENBEANS  
APPLESAUCE  
OATMEAL COOKIE  
MILK

16

BBQ MEATBALLS  
MACARONI & CHEESE  
PEAS  
FRUIT COCKTAIL  
WG ROLL MILK

17

BBQ RIB ON BUN  
POTATO SALAD  
BABY CARROTS  
PINEAPPLE  
MILK

20

SALISBURY STEAK  
MASHED POTATOES  
GREEN BEANS  
CHERRY CRISP  
WG ROLL MILK

21

GRILLED CHICKEN  
SANDWICH  
SWEET POTATO FRIES  
APPLESAUCE  
CHOCOLATE CHIP COOKIE  
MILK

22

SPAGHETTI & MEATSAU  
LETTUCE SALAD  
SLICED PEARS  
FRENCH BREAD  
MILK

23

CHILI CRISPITO  
CHIPS&BLACKBEANSALS  
POTATO ROUNDS  
BANANA  
MILK

24

BREADED PORK PATTIE  
SCALLOPED POTATOES  
CHEESY BROCCOLI  
APRICOTS  
WG ROLL MILK

27

SUPER NACHOS  
REFRIED BEANS  
CORN  
SUGAR COOKIE  
MILK

28

ITALIAN DUNKERS  
LETTUCE SALAD  
PEAS  
APPLESAUCE  
MILK

29

SWEET & SOUR CHICKE  
NUGGETS  
BROWN RICE  
GREENBEANS  
TROPICAL FRUIT SALAD  
WG ROLL MILK

30

NO SCHOOL

31

**HAPPY HALLOWEEN**