







**FLORENCE SCHOOL DISTRICT 3
K-8 SCHOOL BREAKFAST MENU
OCTOBER 2020**









School Information: MSE, SESA, OES, JCL, LCECC, LLC		BREAKFAST		
			THURSDAY	FRIDAY
Nutrition Tip: Start your day with breakfast. Eat a breakfast that helps you meet your food group needs. Research shows people who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off. <small>Reference: USDA</small>	Avocado- Is Incredibly Nutritious. An avocado contains more potassium than bananas. They are loaded with heart-healthy monounsaturated fatty acids, fiber, and tends to lower cholesterol and triglyceride levels. People who eat avocados tend to be healthier.	<u>Assorted Milk Choices Daily</u> 1% White, FF Chocolate, FF Strawberry, FF White & Vanilla 8 oz. Bottled Water w/Breakfast Adult Meal Price: \$2.55	Honey Bun Yogurt Cup w/Cereal Applesauce Cup Fruit Juice Milk 	Breakfast Pizza Yogurt Cup w/Cereal Pineapple Tidbits Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Pancake-on-a-Stick Banana Nut Muffin w/Cereal Fresh Fruit Fruit Juice Milk	6 Honey Bun Nutri-Grain Bar w/Cereal Diced Peaches Fruit Juice Milk	7 Sausage Biscuit Pop Tart w/Cereal Pineapple Tidbits Fruit Juice Milk	8 Pancake-on-a-Stick Yogurt Cup w/Cereal Applesauce Cup Fruit Juice Milk	9 Grilled Cheese Sandwich Yogurt w/Cereal Mandarin Oranges Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Chicken Biscuit Nutri-Grain Bar w/Cereal Fresh Fruit Fruit Juice Milk	13 Cinnamon Roll Nutri-Grain Bar w/Cereal Fresh Fruit Fruit Juice Milk 	14 Breakfast Pizza Nutri-Grain Bar w/Cereal Diced Peach Cup Fruit Juice Milk	15 Honey Bun Yogurt Cup w/Cereal Fruit Cup Fruit Juice Milk	16 Sausage Biscuit Pop Tart w/Cereal Diced Peaches Fruit Juice Milk Half Day for Students
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Pancake-on-a-Stick Banana Nut Muffin w/Cereal Applesauce Cup Fruit Juice Milk	20 Grilled Cheese Sandwich Blueberry Muffin w/Cereal Mandarin Oranges Fruit Juice Milk	21 Breakfast Pizza Nutri-Grain Bar w/Cereal Fresh Fruit Fruit Juice Milk	22 Cinnamon Roll Nutri-Grain Bar w/Cereal Fresh Fruit Fruit Juice Milk	23 Chicken Biscuit Nutri-Grain Bar w/Cereal Diced Peach Cup Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Honey Bun Banana Muffin w/Cereal Applesauce Cup Fruit Juice Milk	27 Breakfast Pizza Nutri-Grain Bar w/Cereal Applesauce Cup Fruit Juice Milk	28 Grilled Cheese Sandwich Blueberry Muffin w/Cereal Mandarin Oranges Fruit Juice Milk 	29 Sausage Biscuit Pop Tart w/Cereal Diced Peach Cup Fruit Juice Milk	30 Cinnamon Roll Nutri-Grain Bar w/Cereal Fresh Fruit Fruit Juice Milk 

Menus are subject to change based on availability.

"This institution is an equal opportunity provider."

FLORENCE SCHOOL DISTRICT 3
K-8 SCHOOL LUNCH MENU
OCTOBER 2020

School Information: MSE, SESA, OES, JCL, LCECC, LLLC		LUNCH		
		Assorted Milk Choices Daily 1% White, FF Chocolate, FF Strawberry, FF White & Vanilla Peanut Butter & Jelly Crustable Offered as an Alternate Entrée' Option Daily Adult Meal Price: \$4.00	THURSDAY 1 Chef Salad w/Fajita Chicken Boxed Pizza Baby Carrots Sweet Potato Tots Fresh Fruit Fruit Juice Milk 	FRIDAY 2 Chef Salad w/Fajita Chicken Deli Sandwich Side Salad Northern Beans Box of Raisins Fresh Fruit Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Chef Salad w/Diced Chicken Grilled Cheese Sandwich Whole Kernel Corn Fresh Fruit Fruit Juice Milk	6 Chef Salad w/Turkey Ham Tortilla Ranch Chips w/Chili Broccoli w/Ranch Dressing Cherry Tomatoes Fruit Cup Milk	7 Chef Salad w/Fajita Chicken Roasted Chicken w/Yeast Roll Baby Carrots Fresh Fruit Fruit Juice Milk	8 Chef Salad w/Diced Chicken Cheeseburger on Bun Side Salad Northern Beans Box of Raisins Fresh Fruit Milk	9 Chef Salad w/Crispy Chicken Patty Pizza Wedge Pinto Beans Fruit Slushie Fresh Fruit Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Chef Salad w/Diced Chicken Premier Chicken Rings w/ BBQ Sauce Garden Salsa Sun Chips Baked Potato Wedges Fresh Apple Milk	13 Chef Salad w/Turkey Ham Hero Corn Dog w/Mustard Sweet Potato Tots Chilled Mandarin Orange Cup Milk	14 Chef Salad w/Crispy Patty Tortilla Ranch Chips w/Chili Whole Kernel Corn Chilled Pineapple Tidbits Cinema White Cheddar Popcorn Milk	15 Chef Salad w/Fajita Chicken Chicken Nuggets w/Sauce Sweet Shop Powdered Funnel Cake Cucumber Coins Fruit Slushie Fresh Fruit Milk	16 Chef Salad w/Fajita Chicken Block Buster Hot Dog w/Chili Broccoli Florets w/Ranch Dressing Action Potato Smiles Sliced Apples Sliced Oranges Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Chef Salad w/Fajita Chicken Grilled Cheese Sandwich Whole Kernel Corn Fruit Slushie Fresh Fruit Milk 	20 Chef Salad w/Turkey Ham Cheeseburger on Bun Sweet Potato Fries Cherry Tomatoes Golden Fresh Apples Milk	21 Chef Salad w/Fajita Chicken Deli Sandwich Northern Beans Boxed Raisins Fresh Fruit Milk 	22 Chef Salad w/Crispy Chicken Patty BBQ Pork On Bun Green Beans Chilled Fruit Cup Fresh Fruit Milk	23 Chef Salad w/Turkey Ham Pizza Wedge Northern Beans Broccoli Florets w/Ranch Dressing Fruit Juice Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Chef Salad w/Diced Chicken Chicken Rings w/ BBQ Sauce Garden Salsa Sun Chips Baked Potato Wedges Fresh Apple Milk	27 Chef Salad w/Turkey Ham Corn Dog w/Mustard Sweet Potato Tots Chilled Mandarin Orange Cup Milk	28 Chef Salad w/Crispy Chicken Patty Tortilla Ranch Chips w/Chili Whole Kernel Corn Chilled Pineapple Tidbits Cinema White Cheddar Popcorn Milk	29 Chef Salad w/Fajita Chicken Chicken Nuggets w/Sauce Powdered Funnel Cake Fruit Slushie Fresh Fruit Milk	30 Chef Salad w/Fajita Chicken Hot Dog w/Chili Broccoli Florets w/Ranch Dressing Action Potato Smiles Sliced Apples Sliced Oranges Milk 

Menus are subject to change based on availability.

"This institution is an equal opportunity provider."