



TREE FRUITS



SIMPLY GOOD

Triumph Menu October 2016

USDA and this institution are equal opportunity providers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	3 NO SCHOOL	4 Egg & Cheese English Muffin & Seasonal Fruit	5 Pancakes Turkey Sausage & Seasonal Fruit	6 French Toast Turkey Sausage & Seasonal Fruit	7 Cheerios with Yogurt & Seasonal Fruit
Lunch		Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit	Macaroni & Cheese with Roll & Green Bean & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack		"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Breakfast	10 Yogurt with Granola & Seasonal Fruit	11 Biscuit Turkey Sausage & Seasonal Fruit	12 Pancake on a Stick & Seasonal Fruit	13 Waffle Turkey Sausage & Seasonal Fruit	14 Fruit Muffin & Seasonal Fruit
Lunch	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit
Breakfast	17 Bagel Half with Cream Cheese & Seasonal Fruit	18 Egg & Cheese English Muffin & Seasonal Fruit	19 Pancakes Turkey Sausage & Seasonal Fruit	20 French Toast Turkey Sausage & Seasonal Fruit	21 Cheerios with Yogurt & Seasonal Fruit
Lunch	Cheese Quesadilla with Black Beans & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Chicken Strips with Roll & Veggies & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Breakfast	24 Yogurt with Granola & Seasonal Fruit	25 Biscuit Turkey Sausage & Seasonal Fruit	26 Pancake on a Stick & Seasonal Fruit	27 Waffle Turkey Sausage & Seasonal Fruit	28 Fruit Muffin & Seasonal Fruit
Lunch	Spaghetti with Mixed Veggies & Seasonal Fruit	Fish Sticks With Roll & Green Beans & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Cheese Quesadilla with Black Beans & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit
Breakfast	31 Yogurt with Granola & Seasonal Fruit	 Choose MyPlate.gov			
Lunch	Turkey Corn Dog Baked Fries & Seasonal Fruit				
Snack	Animal Crackers Fresh Banana				
					

Low-fat milk is served with every breakfast and lunch.
Breakfast Prices: \$1.50 paid, \$.30 reduced*, \$2.50 Adults,
Lunch Prices: \$2.55 paid, \$.40 reduced*, \$3.25 Adults

*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.
 Some menu items may change due to availability of products

