



ELK CITY PUBLIC SCHOOLS
MENU
OCTOBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Waffle Sticks Syrup Fruit Choice Crispy Chicken Sandwich Lettuce/Tomato/Pickles French Fries Fruit Choice	2 Muffin Choice Fruit Mini Corndogs Mac & Cheese Fresh Tossed Salad Black Beans Fruit Choice	3 Cinnamon Roll Fruit Choice Chik N' Fry Stix Cheesy Potatoes Green Beans Fruit Choice	4 Breakfast Pizza Fruit Choice Lemongrass Chicken Brown Rice Tossed Salad Cherry Tomatoes Fruit Choice	5 Pancakes w/ Syrup Fruit Choice Pizza Italian Vegetables Corn Salad Apple Slices
8 Biscuit and Gravy Fruit Choice Hamburger/Cheeseburger Baked Beans Potato Wedges Broccoli w/ Cheese Sauce Fruit Choice	9 Cheesy Scrambled Eggs Bacon Slice Fruit Choice Frito Chili Pie Glazed Carrots Mexi Beans Fruit Choice	10 French Toast Sticks Syrup Fruit Choice Popcorn Chicken Mashed Potatoes w/ Gravy Green Beans Hot Roll Fruit Choice	11 Sausage & Cheese Biscuit Fruit Choice Cheese Bites Italian Vegetables Tossed Salad Marinara Sauce Fruit Choice	12 Cinnamon Toast Applesauce Stuffed Crust Pizza Corn Carrot Sticks w/ Ranch Fruit Choice
15 Breakfast Combo Bar Fruit Choice Steak Fingers Scalloped Potatoes Tossed Salad Hot Roll Fruit Choice	16 Biscuit and Gravy Fruit Choice Cheese Enchilada Mexi Beans Mexi Rice Carrots Fruit Choice			19
22 Biscuit and Gravy Fruit Choice Galaxy Pizza Glazed Carrots Mandarin Oranges 	23 Cheesy Scrambled Eggs Bacon Slice Fruit Choice Chicken & Cheese Quesadilla Tossed salad Mexi Beans Spanish Rice Fruit Choice	24 French Toast Sticks Syrup Fruit Choice Chicken Strips Mashed Potatoes and Gravy Green Beans Hot Roll Fruit Choice	25 Sausage & Cheese Biscuit Fruit Choice Fish Sticks Potato Wedges Tossed Salad Carrot Sticks Fruit Choice	26 Cinnamon Toast Applesauce Chicken Parmesan Corn Garbonzo Bean Salad Fruit Choice
29 Breakfast Combo Bar Fruit Choice Grilled Chicken Sandwich Baked Beans Carrots w/ Ranch Fruit Choice	30 Chicken Biscuit Fruit Choice Mini Corndogs Mac & Cheese Fresh Tossed Salad Black Beans Fruit Choice	31 Muffin Choice Fruit Chik N' Fry Stix Cheesy Potatoes Green Beans Fruit Choice		

VARIETY OF MILK AND 100% FRUIT JUICE OFFERED DAILY. MENUS ARE SUBJECT TO CHANGE.
CEREAL AND TOAST ARE AVAILABLE DAILY FOR BREAKFAST.

A "Grab and Go" option of a meat and cheese sandwich, fresh fruit and vegetable, and milk and juice are available daily at each site.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.