


MOC-FV October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Yogurt Fruit Juice Milk	3 Pancake Syrup Fruit Juice Milk	4 Mini Bagel Fruit Juice Milk	5 Breakfast Burrito Fruit Juice Milk	6 Donut Fruit Juice Milk
9 Cereal Yogurt Fruit Juice Milk	10 Pancake/Sausage on a Stick Fruit Juice Milk	11 Toast w/jelly Egg Omelet Fruit Juice Milk	12 Cinn. Roll Minis Fruit Juice Milk	13 Cereal Bar Yogurt Juice Fruit Milk
16 Cereal Yogurt Fruit Juice Milk	17 Fr. Toast Minis Fruit Juice Milk	18 Toast Scrambled Egg Fruit Juice Milk	19 Breakfast Pizza Fruit Juice Milk	20 Pancake Syrup Fruit Juice Milk
23 Cold Cereal Yogurt Fruit Juice Milk	24 Waffles Syrup Fruit Juice Milk	25 Muffin Fruit Juice Milk	26 Breakfast Pizza Fruit Juice Milk	27 Toast w/jelly Egg Fruit Juice Milk
30 Cereal Yogurt Fruit Juice Milk	31 Pancake/syrup Fruit Juice 	1 November Mini Bagels Fruit Juice Milk	2 Breakfast Burrito Fruit Juice Milk	3 Donut Fruit Juice Milk

MOC-Floyd Valley October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crispito Cheese Sauce Baked Beans Fresh Veggies/ranch Fruit Churro Milk	3 BBQ Sandwich Hash Brown/ketchup Carrots Fruit Snickerdoodle (9-12) Milk	4 Chicken Patty on a bun Potato Gems/Ketchup Broccoli Strawberries & Bananas Milk	5 Spaghetti & Meat Sauce Spinach Salad Ranch Garlic Toast Grapes Milk	6 Chicken Fingers Potato Smiles/Ketchup Green Beans Roll/jelly Mandarin Oranges Milk
9 Hamburger on a bun Cheese/lettuce/tomato Confetti Fries/Ketchup Fruit Cocktail Milk	10 Taco in a Bag Cheese/lettuce/tomato Refried Beans Pineapple Churro (6-12) Milk	11 Hot Dog on a bun Potato Wedges/ Ketchup Broccoli Apple Cookie Milk	12 Ham Mashed Potatoes/gravy Green Beans Breadstick Fruit Graham Snack (6-12) Milk	13 Mac & Cheese Mini Corn Dogs/ketchup Carrots Peas (9-12) Fruit Special K Bar Milk
16 Deli Sub Lettuce/tomato/mayo/ mustard Hash brown patty/ Ketchup Cooked Broccoli Grapes	17 Pizza Breadstick w/marinara Romaine Salad/Ranch Fruit Milk	18 Tacos Lettuce/tomato/ cheese Fiesta Beans Chips & Salsa (9-12) Pears Milk	19 Italian Pasta Bake Fresh Veggies/ranch Garlic Toast Applesauce Milk	20 Popcorn Chicken/BBQ sauce Tater Tots/Ketchup Green Beans Dinner roll/jelly (9-12) Orange Milk
23 Mr. Rib on a Bun/ BBQ sauce Lettuce/tomato Confetti Fries/ketchup Baked Beans Fruit Milk	24 Italian Dunkers Meat sauce Romaine Salad/ranch Cooked Carrots Strawberries Milk	25 Chicken Nuggets/ ketchup Mashed Potatoes/gravy Broccoli Dinner Roll/jelly Fruit Cookie (9-12)	26 French Toast Sticks/ Syrup Sausage Potato Wedges/ketchup Peaches Graham Snacks (9-12) Milk	27 Orange Chicken Brown Rice Corn Stir Fry Veggies Fruit Milk
30 Nachos Meat and cheese sauce Lettuce/Tomato Cooked Carrots Pears Milk	31 Grilled Chicken Savory Rice Lettuce Salad/ranch Broccoli Bananas Garlic Toast Milk	1 November	2	3