



Excellence Christian School Breakfast & Lunch Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Cold Cereal, Yogurt, Fruit, Milk or Juice Lunch: Chicken Patty Sandwich, Green Beans, Fresh Fruit, MJW Snack: Grapes	3 Breakfast: Egg Omelet, Turkey Sausage, Biscuits, Milk or Juice Lunch: Salisbury Steak or Turkey Steak, Mashed Potatoes, Peas, Fruit MJW Snack: Soft Pretzels	4 Breakfast: Pancakes on a Stick, Apple Sauce, Milk or Juice Lunch: Hot Dogs, Baked Beans, Cookies, MJW Snack: Pop Corn	5 Breakfast: Grits, Fruits, MJW Lunch: BBQ Chicken Sandwich, Spinach, Ice Cream MJW Snack: Sliced Apples	6 Breakfast: Cold Cereal, Sliced Apples, Milk or Juice Lunch: Chicken Tenders, Steak Fries, Pound Cake, MJW Snack: Mini Donuts
9 Breakfast: Cream of Wheat, Muffins, MJW Lunch: Mini Hamburgers, Chicken Sliders, Corn, Sliced P/apples, MJW Snack: Potato chips	10 Breakfast: Bagel/Cream Cheese, Boiled Egg, Milk or Juice Lunch: Chicken Nuggets, Buttered Noodle, Corn, Cookies MJW Snack: Animal Crackers	11 Breakfast: Fruits, Scrambled Eggs, Milk or Juice Lunch: Turkey Sausage Casserole/Macaroni, Garlic Sticks, Peaches MJW Snack: Oranges	12 Breakfast: Turkey Sausage, Fried Potatoes, Buttered Biscuits, MJW Lunch: Cold Cut Plate w/Turkey, Ham, Crackers, Cookies, MJW Snack: Pudding Cup	13 Breakfast: Oat Meal, Natural Grain Bars, Milk or Juice Lunch: Fish Squares, Lima Beans, Corn, Fruit Cocktail, MJW Snack: Vanilla Wafers
16 Breakfast: Cold Cereal, Muffins, MJW Lunch: Chicken Alfredo, Salad, Garlic Bread, Ice cream, Milk or Juice, MJW Snack: Carrot & Dip	17 Breakfast: Grits, Scrambled Eggs, Milk or Juice Lunch: Chicken Steak & Cheese, Green Peas, Fruit Cocktails MJW Snack: Cream Cheese w/Celery Sticks	18 Breakfast: Fried Potatoes, Turkey Bacon, Biscuits/Butter, Milk or Juice Lunch: Chicken Wingettes, Potato Wedges, Peaches, MJW Snack: Fruit Cup	19 Breakfast: Sausage, Pancakes, Fruit, Milk or Juice Lunch: Taco Salad w/Rice, Ice Cream, MJW Snack: Jell-O Cup	20 Breakfast: Boiled Egg, Hot Apple Sauce, Toast, Milk or Juice Lunch: Sloppy Joe, Green Beans, Pineapples Chunk, MJW Snack: Jello Cup
23 Breakfast: Cold Cereal, Special K Bars, Milk or Juice Lunch: Chicken Patty, Broccoli/Carrots Butter, Fruit Cup MJW Snack: Fruit Cup	24 Breakfast: Egg Omelet, Turkey Bacon, Milk or Juice Lunch: Turkey Burger/Sandwich, Green Beans, Fresh Fruit, MJW Snack: Animal Cookies	25 Breakfast: Grits, Turkey Sausage, Milk or Juice Lunch: Chicken Wingettes, Rice/Gravy, Greens, Apples, MJW Snack: Pop Corn	26 Breakfast: Turkey Bacon, French Toast, Milk or Juice Lunch: Beefaroni (Turkey), Salad, Garlic Bread, Jello Cup MJW Snack: Chocolate Chip Cookies	27 Breakfast: Hot Cereal, Muffins, MJW Lunch: Chicken Tenders, Fries, Peas, MJW Snack: Grapes
30 Breakfast: Hot Cereal, Muffins Milk or Juice Lunch: Hot Dogs and Beans, Apple Sauce, MJW Snack: Vanilla Wafers	31 Breakfast: Turkey Bacon, Boiled Egg, Milk or Juice Lunch: Chicken Slider Sandwich, Lima Beans, Ice Cream, MJW Snack: Sun Chips	2	3	4