



# Excellence Christian School Breakfast & Lunch Menu

# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Breakfast:</b> Cold Cereal, Yogurt, Fruit, Milk or Juice <b>Lunch:</b> Chicken Patty Sandwich, Green Beans, Fresh Fruit, MJW <b>Snack:</b> Grapes	<b>2</b> <b>Breakfast:</b> Egg Omelet, Turkey Sausage, Biscuits, Milk or Juice <b>Lunch:</b> Salisbury Steak or Turkey Steak, Mashed Potatoes, Peas, Fruit MJW <b>Snack:</b> Soft Pretzels	<b>3</b> <b>Breakfast:</b> Pancakes on a Stick, Apple Sauce, Milk or Juice <b>Lunch:</b> Hot Dogs, Baked Beans, Cookies, MJW <b>Snack:</b> Popcorn	<b>4</b> <b>Breakfast:</b> Grits, Fruits, MJW <b>Lunch:</b> BBQ Chicken Sandwich, Spinach, Ice Cream MJW <b>Snack:</b> Sliced Apples	<b>5</b> <b>Breakfast:</b> Cold Cereal, Sliced Apples, Milk or Juice <b>Lunch:</b> Chicken Tenders, Steak Fries, Pound Cake, MJW <b>Snack:</b> Mini Donuts
<b>8</b> <b>Breakfast:</b> Cream of Wheat, Muffins, MJW <b>Lunch:</b> Mini Hamburgers, Chicken Sliders, Corn, Sliced Pineapples, MJW <b>Snack:</b> Potato chips	<b>9</b> <b>Breakfast:</b> Bagel/Cream Cheese, Boiled Egg, Milk or Juice <b>Lunch:</b> Chicken Nuggets, Buttered Noodle, Corn, Cookies, MJW <b>Snack:</b> Animal Crackers	<b>10</b> <b>Breakfast:</b> Fruits, Scrambled Eggs, Milk or Juice <b>Lunch:</b> Turkey with gravy, Candied Yams, Greens, Peaches MJW <b>Snack:</b> Oranges	<b>11</b> <b>Breakfast:</b> Turkey Sausage, Fried Potatoes, Buttered Biscuits, MJW <b>Lunch:</b> Fish Squares, Lima Beans, Corn, Fruit Cocktail, MJW <b>Snack:</b> Pudding Cup	<b>12</b> <b>Breakfast:</b> Oat Meal, Natural Grain Bars, Milk or Juice <b>Lunch:</b> Spaghetti, Salad, Cookies, MJW <b>Snack:</b> Vanilla Wafers
<b>15</b> <b>Breakfast:</b> Cold Cereal, Muffins, MJW <b>Lunch:</b> Pizza, Salad, Ice cream, Milk or Juice, MJW <b>Snack:</b> Carrots & Dip	<b>16</b> <b>Breakfast:</b> Grits, Scrambled Eggs, Milk or Juice <b>Lunch:</b> Chicken or Beef Cheese Steak, Green Peas, Fruit Cocktails MJW <b>Snack:</b> Cream Cheese w/Celery Sticks	<b>17</b> <b>Breakfast:</b> Fried Potatoes, Turkey Bacon, Biscuits/Butter, Milk or Juice <b>Lunch:</b> Chicken Wingettes, Potato Wedges, Peaches, MJW <b>Snack:</b> Fruit Cup	<b>18</b> <b>Breakfast:</b> Sausage, Pancakes, Fruit, Milk or Juice <b>Lunch:</b> Taco Salad w/Spanish or White Rice, Ice Cream, MJW <b>Snack:</b> Jell-O Cup	<b>19</b> <b>Breakfast:</b> Boiled Egg, Hot Apple Sauce, Toast, Milk or Juice <b>Lunch:</b> Sloppy Joe, Green Beans, Pineapples Chunk, MJW <b>Snack:</b> Jello Cup
<b>22</b> <b>Breakfast:</b> Cold Cereal, Special K Bars, Milk or Juice <b>Lunch:</b> Chicken Patty, Broccoli/Carrots Butter, Fruit Cup MJW <b>Snack:</b> Fruit Cup	<b>23</b> <b>Breakfast:</b> Egg Omelet, Turkey Bacon, Milk or Juice <b>Lunch:</b> Turkey Burger/Sandwich, Green Beans, Fresh Fruit, MJW <b>Snack:</b> Animal Cookies	<b>24</b> <b>Breakfast:</b> Grits, Turkey Sausage, Milk or Juice <b>Lunch:</b> Chicken Wingettes, Rice/Gravy, Greens, Apples, MJW <b>Snack:</b> Pop Corn	<b>25</b> <b>Breakfast:</b> Turkey Bacon, French Toast, Milk or Juice <b>Lunch:</b> Beefaroni (Turkey), Salad, Garlic Bread, Jello Cup MJW <b>Snack:</b> Chocolate Chip Cookies	<b>26</b> <b>Breakfast:</b> Hot Cereal, Muffins, MJW <b>Lunch:</b> Chicken Tenders, Fries, Peas, MJW <b>Snack:</b> Grapes
<b>29</b> <b>Breakfast:</b> Hot Cereal, Muffins Milk or Juice <b>Lunch:</b> Hot Dogs and Beans, Apple Sauce, MJW <b>Snack:</b> Vanilla Wafers	<b>30</b> <b>Breakfast:</b> Turkey Bacon, Boiled Egg, Milk or Juice <b>Lunch:</b> Chicken Slider Sandwich, Lima Beans, Ice Cream, MJW <b>Snack:</b> Sun Chips	<b>31</b> <b>Breakfast:</b> Pop Tart, Yogurt, Fresh Fruit, Milk or Juice <b>Lunch:</b> Salad w/Turkey, Boiled Egg, Crackers, Cookies, MJW <b>Snack:</b> Cookies	<b>3</b>	<b>4</b>