Fannett-Metal School District – Elementary October 2018

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Fannett-Metal is an equal opportunity provider

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  | October 1  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 2  Funnel Cake  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 3  Waffles &  Sausage Patty  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 4  Breakfast Pizza  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 5  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
|  | October 8  No School | October 9  Funnel Cake  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 10  Waffles &  Sausage Patty  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 11  Breakfast Pizza  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 12  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | **Menu subject to change** |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | October 15  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 16  Funnel Cake  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 17  Waffles &  Sausage Patty  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 18  Breakfast Pizza  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 19  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |
|  | October 22  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 23  Funnel Cake  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 24  Waffles &  Sausage Patty  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 25  Breakfast Pizza  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 26  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | Elementary Breakfast  $ 1.55  Milk - .50  Reduced - .40 |
| **No breakfast on two hour delays** | October 29  French Toast Sticks  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 30  Funnel Cake  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | October 31  Waffles &  Sausage Patty  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 1  Breakfast Pizza  Or  Cereal Bar & Yogurt  Whole Grain Bread  Fruit / Vegetable  Milk / Juice | November 2  Cinnamon Bun  Or  Cereal  Whole Grain Bread  Fruit / Vegetable  Milk / Juice |  |