



# SISTERS SCHOOL DISTRICT

## OCTOBER 2019



**OFFERED DAILY**  
*Garden Salad ~ Variety of Fruits & Vegetables*  
*Local "rBST free" Milk ~ 100% Juice*

Mon	Tue	Wed	Thu	Fri
<b>September 30</b>  <b>BREAKFAST</b> Cereal & Fruit Egg & Cheese Biscuit <b>LUNCH</b> Chicken Tender Wrap Garlic Black Beans	1  <b>BREAKFAST</b> Cereal & Fruit Bagel & Cream Cheese  <b>LUNCH</b> Chicken Patty Burger Spiced Tots	2  <b>BREAKFAST</b> Cereal & Fruit Yogurt & Granola  <b>LUNCH</b> Corn Dog Garden Salad <b>COOKIE DAY</b>	3  <b>BREAKFAST</b> Cereal & Fruit Pancakes & Sausage  <b>LUNCH</b> Baked Potato Bar With all the fixins w/ Dinner Roll	4  <b>BREAKFAST</b> Cereal & Fruit Muffin & Smoothie  <b>LUNCH</b> Pepperoni Pizza Italian Salad
7  <b>BREAKFAST</b> Cereal & Fruit Sausage & Cheese Biscuit <b>LUNCH</b> Chicken Fajita Spiced Tots	8  <b>BREAKFAST</b> Cereal & Fruit Bagel & Cream Cheese  <b>LUNCH</b> Cheese Quesadilla Spiced Green Beans	9  <b>BREAKFAST</b> Cereal & Fruit Yogurt & Granola <b>LUNCH</b> Orange Chicken Over Brown Rice Orange Slices	10  <b>BREAKFAST</b> Cereal & Fruit Pancakes & Sausage  <b>LUNCH</b> White Pizza Garden Salad	11  <b>NO SCHOOL</b>  <b>Statewide</b>  <b>INSERVICE</b>
14  <b>BREAKFAST</b> Cereal & Fruit Sausage & Cheese Biscuit <b>LUNCH</b> Chicken Drumettes Garden Salad	15  <b>BREAKFAST</b> Cereal & Fruit Bagel & Cream Cheese  <b>LUNCH</b> Chicken Egg Roll w/Brown Rice Orange Slices	16  <b>BREAKFAST</b> Cereal & Fruit Yogurt & Granola  <b>LUNCH</b> BBQ Pulled Pork Sandwich Cole Slaw	17  <b>BREAKFAST</b> Cereal & Fruit Pancakes & Sausage  <b>LUNCH</b> Baked Chicken Green Beans Dinner Roll	18  <b>BREAKFAST</b> Cereal & Fruit Muffin & Smoothie  <b>LUNCH</b> Turkey Alfredo Penne Pasta with Broccoli Garden Salad
21  <b>BREAKFAST</b> Cereal & Fruit Sausage & Cheese Biscuit <b>LUNCH</b> Ham & Cheese Sandwich Crinkle Fries	22  <b>BREAKFAST</b> Cereal & Fruit Bagel & Cream Cheese <b>LUNCH</b> Pepperoni Pizza Caesar Salad	23  <b>BREAKFAST</b> Cereal & Fruit Yogurt & Granola <b>LUNCH</b> Vegetarian Chili Dinner Roll <b>Evening Conferences</b>	24  <b>NO SCHOOL</b>  <b>Conferences</b>	25  <b>NO SCHOOL</b>
28  <b>BREAKFAST</b> Cereal & Fruit Sausage & Cheese Biscuit <b>LUNCH</b> Tim's Taco Pizza Garden Salad	29  <b>BREAKFAST</b> Cereal & Fruit Bagel & Cream Cheese  <b>LUNCH</b> Sloppy Joe Burger Crinkle Fries	30  <b>BREAKFAST</b> Cereal & Fruit Yogurt & Granola  <b>LUNCH</b> Crunchy Fish Soft Taco Cole Slaw	31  <b>BREAKFAST</b> Cereal & Fruit Pancakes & Sausage <b>LUNCH</b> Corn Dog Garden Salad <b>HALLOWEEN</b>	

SES - Breakfast \$2.10 Lunch \$2.85 SMS - Breakfast \$2.10 Lunch \$3.10 SHS - Breakfast \$2.10 Lunch \$3.35  
 USDA and this facility are equal opportunity providers and employers. Menu Subject to Change.