

BREAKFAST

LUNCH

# OCTOBER 2019

## CANNON FALLS AREA SCHOOLS

Meal Prices:  
 Student Breakfast \$1.80  
 Adult/Guest breakfast \$2.50  
 PreK-5<sup>th</sup> grade lunch \$2.60  
 6-12 grade lunch \$2.70  
 Adult/Guest Lunch \$4.10  
 Milk only/extra \$0.55

Monday

Tuesday

Wednesday

Thursday

Friday

Muffin

1

Soft Shell Beef Taco  
 w/Fixings  
 Lettuce Salad  
 Applesauce

Day 3

French Toast

2

Sloppy Joe on a Bun  
 w/Pickles  
 Lettuce Salad  
 Chips / Peaches

Day 4

Omelet

3

Chicken Patty on a Bun  
 Lettuce Salad  
 California Blend Veggies  
 Mandarin Oranges

Day 1

Breakfast Pizza

4

Sub Sandwich w/Fixings  
 Lettuce Salad  
 Fresh Fruit  
 Cookie

Day 2

Cereal

7

Rib Sandwich  
 Baked Beans  
 Lettuce Salad  
 Fresh Fruit

Day 3

Eggs & Sausage

8

Corn Dog  
 Veggie Tray  
 Lettuce Salad  
 Sherbet

Day 4

Cereal Bar

9

Hot Ham & Cheese  
 Broccoli / Lettuce Salad  
 Fresh Fruit  
**EARLY RELEASE**

Day 1

Muffin

10

Rice Hot Dish  
 Mixed Vegetables  
 Lettuce Salad  
 Dinner Roll / Applesauce

Day 2

Breakfast Sandwich

11

Pizza  
 Green Beans  
 Lettuce Salad  
 Pineapple

Day 3

Cereal

14

Hamburger w/Cheese  
 Baked Beans  
 Lettuce Salad  
 Apple

Day 4

Fred Bar

15

Scalloped Potatoes & Ham  
 Mixed Vegetables  
 Lettuce Salad  
 Yogurt / Breadstick

Day 1

Pancakes

16

Meatball Sub  
 Lettuce Salad  
 Fresh Fruit  
 Cookie

Day 2

**NO SCHOOL**

17



**EDUCATION MN BREAK**

**NO SCHOOL**

18



**EDUCATION MN BREAK**

Bagel

21

Quesadilla w/Fixings  
 Lettuce Salad  
 Veggie Tray  
 Applesauce

Day 3

Muffin

22

Popcorn Chicken w/Rice  
 Lettuce Salad  
 Oriental Vegetables  
 Mandarin Oranges

Day 4

Breakfast Sandwich

23

Pulled Pork Sandwich  
 Baked Beans  
 Lettuce Salad  
 Fresh Fruit

Day 1

Cereal

24

Baked Spaghetti  
 Cottage Cheese  
 Lettuce Salad  
 Garlic Toast / Peaches

Day 2

Breakfast Pizza

25

Fish Sandwich  
 Baked Beans  
 Lettuce Salad / Cole Slaw  
 Fresh Fruit

Day 3

Muffin

28

Hot Dog on a Bun  
 Baked Beans  
 Lettuce Salad  
 Pears / Chips

Day 4

Cereal

29

Walking Taco w/Fixings  
 Lettuce Salad  
 Applesauce

Day 1

Bagel

30

BBQ Chicken Sandwich  
 Corn  
 Lettuce Salad  
 Fresh Fruit

Day 2

Pancakes

31

Italian Dunker w/Sauce  
 Lettuce Salad  
 Veggie Tray  
 Fresh Fruit / Sherbet

Day 3

This is an equal opportunity employer

All meals are subject to change and include milk choice of chocolate, 1%, skim or lactaid. All breakfasts include juice and fruit. Cereal is available each day as an entrée choice.