


# STAPLES-MOTLEY ELEM, MIDDLE & SACRED HEART SCHOOLS

KEY: B- Breakfast L- Lunch

Milk served with all meals

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mini Pan cakes, Cereal, fruit, juice, milk Chicken Drumstick, Rice, Dinner Roll, broccoli, fruit, milk	2 Cereal Bar, cereal, fruit, juice, milk Grilled Cheese with Tomato Soup, crackers, assorted fruit, milk
5 Omelet, Cereal, Fruit, Juice, Milk Chicken Nuggets, Potato cubes, Peas, Carrots, Fruit and Milk	6 Stuffed Cream Cheese bagel, Cereal, Fruit, Juice, Milk Cheeseburger meatloaf, Mashed potatoes, Dinner Roll, fruit, milk	7 The Fred, Cereal, Fruit, Juice, Milk Walking Taco with beef & Fixings, Cucumbers, Assorted fruit and milk	8 Snack bread, Cereal, Fruit, Juice, Milk Hamburgers w/ Lettuce & Tomatoes, baked fries, Beans, assorted fruit and milk	9 Cooks Choice Garlic Cheese Bread with red sauce, green beans, mixed green salad, assorted fruit and milk
12 Egg & Cheese Sandwich, Cereal, Fruit, Juice, Milk Chili Dogs with cheese, Baked Potato cubes, fresh carrots, assorted fruit and milk	13 Cinnamon Rolls, Cereal, Juice, Fruit and milk Spaghetti with Meatballs, Mixed Lettuce Salad, Green Beans, assorted fruit and milk	14 yogurt and cheese stick, Cereal bar, cereal, fruit, juice, milk BBQ Chicken Sandwich, Baked beans, Cole Slaw, fruit, sun chips, milk	15 Mini Pan cakes, Cereal, fruit, juice, milk French Toast Sticks, Sausage links, Baked Potato cubes, assorted fruit, Milk	16 NO SCHOOL
19 NO SCHOOL	20 NO SCHOOL	21 Stuffed Cream Chz Bagel, Cereal, fruit, juice, milk Orange Chicken, brown rice, marinated cucumbers, broccoli, fruit, milk	22 Snack bread, Cereal, Fruit, juice, milk Thanksgiving meatballs, mashed potatoes, green beans, 2 dinner rolls, fruit, milk	25 Cinnamon Roll, Cereal, fruit, juice, milk Pizza, corn, salad greens, cookie, fruit, milk
26 Egg & Cheese Sandwich, Cereal, Fruit, Juice, Milk Quesadillas, baked beans, mixed green salad, fruit and milk	27 Cinnamon Rolls, Cereal, Juice, Fruit and milk Mac and Cheese, green beans, fresh carrots, dinner roll, assorted fruit, milk	28 yogurt and cheese stick, Cereal bar, cereal, fruit, juice, milk Corn Dog, cole slaw, potato cubes, fruit and milk		

Milk Choices offered daily. Bag lunches may include peanut butter.