



# OCTOBER

~Menu subject to change due to deliveries~

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

	Mon	Tue	Wed	Thu	Fri		
					1	2	
							Replace any main dish with: ↓ ↓ ↓
	3	4	5	6	7	8	9
		BAGEL PULLED PORK SANDWICH FRIES FRUIT & SALAD BAR	CEREAL FAJITA CORN RANCH BEANS FRUIT & SALAD BAR	BISCUIT & GRAVY CHICKEN NUGGETS MAC N CHEESE COLE SLAW FRUIT & SALAD BAR	MUFFIN SPAGHETTI CARROTS ROLL FRUIT & SALAD BAR		A cold deli sandwich
	10	11	12	13	14	15	16
Free seconds on all veggies and sides!! 		BAGEL TOASTED CHEESE SANDWICH TOMATO SOUP FRUIT & SALAD BAR	OATMEAL TWIN TACOS REFRIED BEANS FRUIT & SALAD BAR	BISCUIT & GRAVY CHICKEN FRIED STEAK MASHED POTATOES PEAS ROLL FRUIT & SALAD BAR	FRENCH TOAST HAMBURGER POTATO WEDGES APPLE SAUCE FRUIT & SALAD BAR		↓ OR ↓ A crispy taco salad
	17	18	19	20	21	22	23
Milk offered with EVERY meal! 		BAGEL BBQ SANDWICH PORK N BEANS FRUIT & SALAD BAR	CEREAL SUPER NACHOS SPANISH RCE FRUIT & SALAD BAR	BK BURRITO CHICKEN ALFREDO CARROTS ROLL FRUIT & SALAD BAR	BISCUIT & GRAVY CHILI DOG FRIES FRUIT & SALAD BAR		↓ OR ↓ A fresh chef salad bar
	24	25	26	27	28	29	30
		BAGEL CHICKEN SOUP ½ HAM WRAP FRUIT & SALAD BAR	OATMEAL CHILI CON CARNE CINNAMON ROLL COLESLAW FRUIT & SALAD BAR	BISCUIT & GRAVY TERIYAKI DIPPERS FRIED RICE PINEAPPLE FRUIT & SALAD BAR	PANCAKE ON A STICK PIZZA GARDEN SALAD HALLOWEEN CAKE FRUIT & SALAD BAR		↓ OR ↓ A fruit salad

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## SARGENT CAFETERIA NEWSLETTER



DID YOU KNOW THAT KIDS WHO EAT SCHOOL LUNCH CHOOSE TO EAT BETTER ALL DAY LONG. SCHOOL LUNCH PROVIDES 30-50% OF A STUDENTS DAILY NUTRITION INTAKE. OUR STAFF LOVE TO SEE ALL THE FACES OF THE STUDENTS, BUT WE GET TRUE PLEASURE IN KNOWING WE ARE HELPING KEEP THEM HAPPY AND HEALTHY WITH THE FOOD WE PROVIDE DAILY. SCHOOL LUNCH IS FREE AGAIN THIS YEAR FOR ALL STUDENTS, WE DO ASK YOU STILL FILL OUT A FREE AND REDUCED APPLICATION TO HELP OUR SCHOOL WITH FUNDING, BUT NOTHING SHOULD STOP YOUR CHILD FROM EATING A YUMMY MEAL IN THE SCHOOL CAFETERIA.

Val, Rachel, Darlene, Lori, Shelley, and Kelli

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### ALA CART

Pizza.....	3.00
Chips.....	1.25
Fruit.....	0.75
Cheese stick.....	1.00
Cookie.....	1.25
Fruit Slushy.....	1.00

### PRICES

Breakfast.....	2.00
Elementary Lunch.....	3.05
Secondary Lunch.....	3.05
Adult Lunch.....	3.80
Adult Breakfast.....	2.75

**Start your day the  
healthy way, eat  
breakfast every  
day!!**