MARK TWAIN K-12 BREAKFAST &



LUNCH MENU



MONDAY

TUESDAY

Breakfast

Cereal with String Cheese

Lunch

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Colby Cheese Omelet & Mini Chocolate Chip Muffin

Lunch

Breaded Popcorn Chicken Steamed Green Peas Fresh Banana **Brownie Cup**

Breakfast

Mini Chocolate Chip French Toast Bites

Lunch

Teriyaki Chicken with Mashed Potatoes Chilled Fruit Cup Blueberry Muffin

Breakfast

Pork Sausage Links* with French Toast Sticks

Lunch

Turkey Sausage Pizza Steamed Broccoli Chilled Fruit Cup

Breakfast

Assorted Pan Dulce

Lunch

Chicken Tenders Turkey Taco Pocket Mashed Sweet Potatoes Refried Beans Chilled Fruit Cup Chilled Fruit Cup

6

Breakfast

Trix Yogurt with Mini Banana Muffin

Lunch

Hamburger Mashed Potatoes Fresh Banana Nacho Cheese Doritos **Breakfast**

Mini Confetti Pancakes

Lunch

Spaghetti with Meat Sauce & Cheesy Breadstick Steamed Green Beans Chilled Fruit Cup

Breakfast

Ham* & Cheese Croissant

10

Lunch

Turkey Sausage Pizza Steamed Broccoli Chilled Fruit Cup

* = CONTAINS PORK

ADDITIONAL MENU INFO

Breakfast is served with choice of fruit, 100% fruit juice, 1% low-fat unflavored or fat-free chocolate milk. Reduced sugar cereal is offered daily as a breakfast choice. **Lunch** is served with the choices from the fruit & vegetable salad bar, 100% fruit juice, and 1% low-fat unflavored or

fat-free chocolate milk.





October is National Farm to School Month! This month we are featuring produce that is locally grown such as nectarines, plums and oranges!

Breakfast

Mini Cinnamon Bites

Lunch

Breaded Chicken Drumstick with Belgian Waffle Steamed Carrots Chilled Fruit Cup

Breakfast

Cereal with String Cheese

Lunch

Beef Taco Sandwich Refried Beans Chilled Fruit Cup

Breakfast

Colby Cheese Omelet & Mini Chocolate Chip Muffin

Lunch

Breaded Chicken Fillet Sandwich Mashed Sweet Potatoes Fresh Banana Bunny Friends Graham Crackers Breakfast

16

"POFFITZ" Mini Pancakes Bites

Lunch

Orange Popcorn Chicken with Mashed Potatoes Chilled Fruit Cup Banana Muffin

Breakfast

Pork Sausage Links* with French Toast Sticks

Lunch

Turkey Saysage Pizza Steamed Broccoli Chilled Fruit Cup

Breakfast

20

Assorted Pan Dulce

Lunch

Grilled Cheese Sandwich Steamed Carrots Chilled Fruit Cup

Breakfast

Cereal with String Cheese

Lunch

Chicken Tenders Mashed Sweet Potatoes Chilled Fruit Cup

Breakfast

Trix Yogurt with Mini Banana Muffin

Lunch

Mini Cheeseburger Sliders Mashed Potatoes Fresh Banana

Breakfast

Mini Chocolate Chip French Toast Bites

Lunch

Chicken Parmesan Bites with Pasta & Marinara Sauce Steamed Green Beans Chilled Fruit Cup

Breakfast

24

31

Turkey Sausage & Cheese Croissant

Lunch

Cheesy Pull Apart Bread with Marinara Sauce Cup Steamed Broccoli Chilled Fruit Cup

Breakfast

Mini Cinnamon Bites

Lunch

Macaroni & Cheese Steamed Carrots Chilled Fruit Cup Chocolate Chip Cookie

Food Services

Breakfast

28

Cereal with String Cheese

Lunch

Pork Sausage Patties* with French Toast Mashed Sweet Potatoes Chilled Fruit Cup

Breakfast

Colby Cheese Omelet & Mini Chocolate Chip Muffin

Lunch

Breaded Popcorn Chicken Steamed Green Peas Fresh Banana Pumpkin Cookie New!

22

Breakfast

Mini Confetti Pancakes

30

Lunch

Teriuaki Beef Dippers with Mashed Potatoes Chilled Fruit Cup Blueberry Muffin

Breakfast

Pork Sausage Links* with French Toast Sticks

Lunch

Turkey Sausage Pizza Steamed Broccoli Chilled Fruit Cup

N. V. W.



Adult/Non-GGUSD Student/Ala Carte Pricing Breakfast: \$4.50 Lunch: \$7.00





This institution is an equal opportunity provider. Menu is subject to change depending on product availability.