

October 2018

ELEMENTARY

MODESTO CITY SCHOOLS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
Breakfast & Lunch are served at No Charge to all MCS K-6 Students. Milk \$.50				1/2 Pint Milk served with each meal. Menu subject to change without notice. See Nutrition Services Website for Nutritional Information.				<i>Energy Island has a variety of fruits and vegetables available with Ranch Dressing for dipping.</i>			
1	Whole Grain Confetti Pancakes Fresh Fruit X-Ray Vision Carrots **** Whole Grain Cheesy Breadsticks w/ Marinara Sauce Broccoli Florets w/ Ranch Dressing Fresh Fruit	2	Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Grilled Chicken Sandwich w/ BBQ Sauce Baby Carrots w/ Ranch Dressing Fresh Fruit	3	Whole Grain Oatmeal Chocolate Chip Muffin Fresh Fruit X-Ray Vision Carrots **** Whole Grain Corn Dog w/ Ketchup, Mustard Potato Wedges Fresh Fruit	4	Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Soft Beef Taco w/ Red Salsa, Cheese, Lettuce Energy Island	5	Whole Grain Pumpkin Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain Pepperoni Pizza Energy Island		
8	Whole Grain Cinnamon Pancakes Fresh Fruit X-Ray Vision Carrots **** Mac 'n Cheese w/ Dinner Roll Savory Green Beans Fresh Fruit	9	Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Turkey Hot Dog w/ Ketchup, Mustard Baby Carrots w/ Ranch Dressing Fresh Fruit	10	Whole Grain Chocolate Muffin Fresh Fruit X-Ray Vision Carrots **** Orange Chicken w/ Fried Rice Broccoli Florets w/ Ranch Dressing Fresh Fruit, Rice Krispies Square* *Made with Gelatin	11	Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Macho Nachos w/ Red Salsa, Cheese, Lettuce Energy Island	12	Whole Grain Apple Cinnamon Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain French Bread Pepperoni Pizza Energy Island		
15	Student Non-Attendance Day 	16	Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Grilled Chicken Sandwich w/ BBQ Sauce Baby Carrots w/ Ranch Dressing Fresh Fruit	17	Whole Grain Oatmeal Chocolate Chip Muffin Fresh Fruit X-Ray Vision Carrots **** Spaghetti w/ Meat Sauce w/ Whole Grain Garlic Bread Green Salad w/ Ranch Dressing Fresh Fruit	18	Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Chicken Nuggets w/ BBQ Sauce w/ Whole Grain Dinner Roll Energy Island	19	Whole Grain Pumpkin Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Pepperoni Pizza Energy Island		
22	Whole Grain Pancakes w/ Blueberry Glaze Fresh Fruit X-Ray Vision Carrots **** Whole Grain Cheesy Breadsticks w/ Marinara Sauce Broccoli Florets w/ Ranch Dressing Fresh Fruit	23	Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Whole Grain Cheeseburger w/ Ketchup, Mustard Baby Carrots w/ Ranch Dressing Fresh Fruit, Graham Crackers	24	Whole Grain Chocolate Muffin Fresh Fruit X-Ray Vision Carrots **** Chicken & Gravy w/ Mashed Potatoes, Whole Grain Dinner Roll Green Salad w/ Ranch Dressing Fresh Fruit	25	Chicken Sausage on a Whole Grain Breakfast Roll Fresh Fruit, Orange Juice X-Ray Vision Carrots **** Whole Grain Beef Tostada Bowl w/ Red Salsa, Cheese, Lettuce Energy Island	26	Whole Grain Apple Cinnamon Square Fresh Fruit Emoji Potatoes w/ Ketchup **** Whole Grain French Bread Pepperoni Pizza Energy Island		
29	Whole Grain Confetti Pancakes Fresh Fruit X-Ray Vision Carrots **** Whole Grain Southwest Cheese Quesadilla w/ Red Salsa, Broccoli Florets w/ Ranch Dressing, Fresh Fruit	30	Whole Grain Sausage Breakfast Square Fresh Fruit X-Ray Vision Carrots **** Chicken Nuggets w/ BBQ Sauce w/ Whole Grain Dinner Roll Baby Carrots w/ Ranch Dressing Fresh Fruit	31	Whole Grain Oatmeal Chocolate Chip Muffin Fresh Fruit X-Ray Vision Carrots **** Beef Meatloaf w/ Mashed Potatoes, Whole Grain Dinner Roll Green Salad w/ Ranch Dressing Fresh Fruit						

1/2 pint milk served with each meal. Menu subject to change.
 This institution is an equal opportunity provider