

# October 2017

# Yuma School District One

## Elementary Menu



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Available Daily

**Breakfast:** Yogurt Parfait, Assorted Cereal, Fresh Or Canned Fruit, Choice of Juice, White or Flavored Milk

**Lunch:** Peanut Butter & Jelly Sandwich, Yogurt & Roll Combo, Fruit & Veggie Bar, Choice of Juice, White or Flavored Milk



### Monday

**Breakfast**

Breakfast Burrito

2

**Lunch**

Corn Dog  
Ranch Beans

### Tuesday

**Breakfast**

Pancake & Sausage on a stick

3

**Lunch**

Bean & Cheese Burrito  
Spanish Rice

### Wednesday

**Breakfast**

Zucchini Bread Slice

4

**Lunch**

Macaroni & Cheese  
Green Beans  
Wheat Roll

### Thursday

**Breakfast**

Glazed Donut Holes

5

**Lunch**

Pepperoni Pizza Stick  
Corn

### Friday

**Breakfast**

Dutch Waffle

6

**Lunch**

Chicken Sandwich  
Smile French Fries

**Schools Closed For Columbus Day**

9

**Breakfast**

Assorted Pop Tarts

10

**Lunch**

Chicken Taquito  
Refried Beans w/ salsa

**Breakfast**

Triangle Hash Brown & Scrambled Eggs

11

**Lunch**

Hamburger  
French Fries

**Breakfast**

New Very Cherry Breakfast Muffin

12

**Lunch**

Cheese Pizza  
Green Beans

**Breakfast**

French Toast Sticks w/ Syrup

13

**Lunch**

Bean & Cheese Tostada Boat  
Mexicorn w/ salsa

**Breakfast**

Breakfast Pizza Bagel

16

**Lunch**

Nachos  
Refried Beans

**Breakfast**

Super Donut

17

**Lunch**

Chili Cheese Fries  
Wheat Roll

**Breakfast**

Sausage Patty w/ Biscuit

18

**Lunch**

Orange Chicken  
Brown Rice & Fortune Cookie

**Breakfast**

Mini Pancakes

19

**Lunch**

Breaded Drumstick  
Baby Baked Potatoes & Wheat Roll

**Breakfast**

Cinnamon Crumble  
Breakfast Cake

20

**Lunch**

Spaghetti  
Corn & French Bread Slice

**Breakfast**

Breakfast Burrito

23

**Lunch**

Taco in a Bag  
Refried Beans

**Breakfast**

Pancake & Sausage on a Stick

24

**Lunch**

Pepperoni Pizza  
Corn

**Breakfast**

Zucchini Bread Slice

25

**Lunch**

Cheeseburger Sliders  
Tatar Tots

**Breakfast**

Glazed Donut Holes

26

**Lunch**

Folded Beef Taco  
Spanish Rice w/ salsa

**Breakfast**

Dutch Waffle

27

**Lunch**

Popcorn Chicken  
Mashed Potatoes  
Wheat Roll

**Breakfast**

Breakfast Pizza

30

**Lunch**

Corn Dog  
Ranch Beans

**Breakfast**

Chilling Assorted Pop Tarts

31

**Lunch**

Pigs in a Coffin  
Creepy Green Beans  
& Halloween Treat

**HAPPY HALLOWEEN  
Have a Fun & Safe Halloween!**

