**Oct. 8-12**

**Elementary Breakfast**

Monday, Oct. 8: French toast sticks or cereal choice with string cheese, orange slices, milk.

Tuesday, Oct. 9: Breakfast burrito or fruit muffin with graham cracker, chilled pineapple, milk, juice.

Wednesday, Oct. 10: Sausage and cheese bagel or bagel with toppings, pear, milk.

Thursday, Oct. 11: Pancake or cereal choice with yogurt, pineapple, milk, juice.

Friday, Oct. 12: Breakfast burrito or fruit muffin choice with string cheese, baked apple slices, milk.

**Elementary Lunch**

Monday, Oct. 8: Hot dog on whole grain bun, baked tator tots, fruit and veggie bar, milk.

Tuesday, Oct. 9: Baked macaroni and cheese, whole wheat dinner roll, seasoned green beans,

fruit and veggie bar, milk.

Wednesday, Oct. 10: Chicken fajita, seasoned carrots, fruit and veggie bar, milk.

Thursday, Oct. 11: Diced BBQ chicken, whole grain bun, seasoned broccoli, fruit and veggie bar, milk.

Friday, Oct. 12: Mini corn dog, seasoned peas, fruit and veggie bar, milk.

**JR/SR High Breakfast**

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

**JR/SR High Lunch**

Monday, Oct. 8: Hot dog on whole grain bun, baked tator tots, fruit and veggie bar, milk.

Tuesday, Oct. 9: Macaroni and cheese, dinner roll, seasoned green beans, fruit and veggie bar, milk.

Wednesday, Oct. 10: Chicken fajita, seasoned carrots, fruit and veggie bar, milk.

Thursday, Oct. 11: Diced BBQ chicken, whole grain bun, seasoned broccoli, fruit and veggie bar, milk.

Friday, Oct. 12: Mini corn dogs, seasoned peas, fruit and veggie bar, milk.

Holyoke Enterprise October 4, 2012