

4 Day

### ESC REG IX

(1/4 RDA) : Grade K-12

021 - Newcastle I.S.D.

Elementary Breakfast (Pattern of 3-1milk, 1group a, 1 group b)

Monday

Tuesday

Wednesday

Thursday

Friday

Oct. 14

15

16

17

No School

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Smucker's Uncrustable
- Peanut Butter/Grape
- Scrambled Egg
- Buttermilk Biscuit
- Country Pepper Gravy

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Cocoa Puffs
- Cereal Bowl
- Cinnamon Toast
- Crunch Cereal Bowl
- Pancake and Sausage on a Stick
- Table Syrup Packet

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Smucker's Uncrustable
- Peanut Butter/Grape
- Scrambled Egg
- Jennie-O Sausage Patt

- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Orange Juice
- Apple Juice
- Cocoa Puffs
- Cereal Bowl
- Cinnamon Toast
- Crunch Cereal Bowl
- Goody Ring Donut

### ESC REG IX

(1/3 RDA) : Grade K-6

021 - Newcastle I.S.D.

Lunch Elementary School Pattern of 4 (1Entree, 2 sidedishes, 1 milk)

Monday

Tuesday

Wednesday

Thursday

Friday

Oct. 14

15<sup>TH</sup>

16<sup>TH</sup>

17

No School

- Tyson Charbroiled Beef Pattie
- Hamburger Bun
- American Cheese Slice
- Seasoned Pinto Beans
- Pickle Slices
- Smucker's Uncrustable
- Peanut Butter/Grape
- Salad Setup
- Apple, Fresh
- Orange, Fresh
- Decorated Pears
- Chocolate Chip
- Cookie RF
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Ketchup packet
- Mustard packet
- Buttermilk Ranch
- Dressing packet

- Jennie-O Turkey Breast Steak
- Turkey Gravy
- Seasoned Green Bean
- Mashed Potatoes
- Smucker's Uncrustable
- Peanut Butter/Grape
- Fresh Carrot Sticks with Ranch Packet
- Apple, Fresh
- Orange, Fresh
- Peaches in Light Syrup
- Apple Crisp
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk

- Tyson HS Breaded Chicken Nuggets
- French Fries
- Smucker's Uncrustable
- Peanut Butter/Grape
- Lettuce and Tomato Salad Bowl
- Apple, Fresh
- Orange, Fresh
- Applesauce Jell-OH
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Country Pepper Gravy
- Ketchup packet
- Barbecue Sauce, PC
- Buttermilk Ranch
- Dressing packet

- Turkey and Cheese
- Mini Sub Sandwich
- Chicken Noodle Soup
- Saltine Crackers
- Smucker's Uncrustable
- Peanut Butter/Grape
- Apple, Fresh
- Orange, Fresh
- Orange Sherbet
- Skim Chocolate Milk
- Strawberry Flavor Milk
- Unflavored Milk
- Mustard packet
- Buttermilk Ranch
- Dressing packet

Menu for Week of Oct. 13-17, 2008