



Fresh Bite
Foods

October Breakfast Menu 2018

Avalon Elementary School

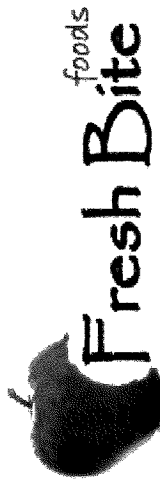
Monday	Tuesday	Wednesday	Thursday	Friday
1 Cini Mini Diced Pear Cup 100% Fruit Juice Choice of Milk	2 Lowfat Yogurt Trix Cereal Bar Fresh Apple Wedges 100% Fruit Juice Choice of Milk	3 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Wedges 100% Fruit Juice Choice of Milk	4 Banana Muffin Cinnamon Toast Crunch Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	5 Half Day Mini Pancake Fresh Banana 100% Fruit Juice Choice of Milk
8 Fall Break No School	9 Fall Break No School	10 Fall Break No School	11 Fall Break No School	12 Fall Break No School
15 Fall Break No School	16 Fall Break No School	17 Fall Break No School	18 Fall Break No School	19 Fall Break No School
22 Cocoa Puffs Cereal Cinnamon Toast Crunch Cereal Bar Fruit Cocktail Cup 100% Fruit Juice Choice of Milk	23 Mini Strawberry Bagel w/Cream Cheese Fresh Apple Wedges 100% Fruit Juice Choice of Milk	24 Fruity Cheerios Cereal Cheez Its Fresh Orange Wedges 100% Fruit Juice Choice of Milk	25 Cinnaburst Bun Applesauce Cup 100% Fruit Juice Choice of Milk	26 Half Day Cheddar Goldfish Crackers Strawberry Team Cheerios Cereal Bar Fresh Banana 100% Fruit Juice Choice of Milk
29 Cini Mini Diced Pear Cup 100% Fruit Juice Choice of Milk	30 Lowfat Yogurt Trix Cereal Bar Fresh Apple Wedges 100% Fruit Juice Choice of Milk	31 Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Wedges 100% Fruit Juice Choice of Milk		

Drinking Water is made available to youth at all times at drinking fountains located in this facility.

**Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.

***All meals are served with 1% White Milk or Skim Chocolate Milk

This Institution is an equal opportunity provider



October Lunch Menu 2018

Avalon Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Strips Sweet Corn Applesauce Ketchup Choice of Milk	2 Beef Hot Dog w/ Bun Seasoned Green Beans 100% Fruit Juice Ketchup & Mustard Choice of Milk	3 Chicken Alfredo w/Pasta Baby Carrots Fresh Watermelon Choice of Milk	4 Turkey & Cheese Sandwich Whole Apple Celery Sticks Choice of Milk	5 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Orange Wedges FF Ranch Choice of Milk
8 Fall Break No School	9 Fall Break No School	10 Fall Break No School	11 Fall Break No School	12 Fall Break No School
15 Fall Break No School	6 Fall Break No School	17 Fall Break No School	18 Fall Break No School	19 Fall Break No School
22 Roasted Chicken & Gravy Mashed Potatoes Diced Peaches Dinner Roll Choice of Milk	23 Macaroni & Cheese Baby Carrots Fresh Cantaloupe Wedge Choice of Milk	24 Pepperoni Pizza Sticks Fresh Sliced Cucumbers 100% Fruit Juice Marinara Sauce Choice of Milk	25 Half Day Cheeseburger w/Bun Ranch Beans Fresh Watermelon Ketchup & Mustard Choice of Milk	26 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
29 Kickin' Chicken Drumstick Sweet Corn Applesauce Dinner Roll Choice of Milk	30 Chicken Sandwich w/Bun Celery Sticks Fresh Banana Ketchup Choice of Milk	31 Sloppy Joe w/Bun Baby Carrots Fresh Orange Wedges Choice of Milk		

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 **Fresh Salad & Veggie Bar serves FF Ranch Dressing
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
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