



**SCHUYLKILL HAVEN AREA SCHOOL DISTRICT  
BREAKFAST & LUNCH MENU  
OCTOBER 2018**



<b>Monday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>			
<b>1</b>	<u>BREAKFAST</u> Fruit Mini-Muffin Whole Grain Cereal Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Hot Dog B. Chicken Patties C. P.B. & Jelly Baked Beans Sauerkraut Mashed Potatoes Applesauce Orange	<b>2</b>	<u>BREAKFAST</u> Egg & Cheese Omelet Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Chicken Nuggets B. Chicken Patties C. P.B. & Jelly Peas Buttered Pasta Strawberry Cup Apple	<b>3</b>	<u>BREAKFAST</u> Bagel Yogurt Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Cheese Steak B. Chicken Patties C. P.B. & Jelly Corn French Fries Peaches Banana	<b>4</b>	<u>BREAKFAST</u> Mini-Waffles Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Lasagna B. Chicken Patties C. P.B. & Jelly Tossed Salad Grape Tomatoes Fruit Sherbet Pears	<b>5</b>	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk  <u>LUNCH</u> A. Pizza Wedge B. Chicken Patties C. P.B. & Jelly Baby Carrots Summer Blend Vegetables Pineapples Grapes
<b>8</b>	NO SCHOOL <u>INSERVICE DAY</u>	<b>9</b>	<u>BREAKFAST</u> Pancakes Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Pasta w/Meat Sauce B. Pizza C. P.B. & Jelly Garbanzo Beans Romaine Salad - Tomatoes Dinner Roll (HS) Pears Clementine	<b>10</b>	<u>BREAKFAST</u> Pop Tart Whole Grain Cereal Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Pop-Corn Chicken B. Pizza C. P.B. & Jelly Peas Rice Cucumber Slices Pineapples Grapes	<b>11</b>	<u>BREAKFAST</u> Nutri-Grain Bar Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Ham & Cheese Sub B. Pizza C. P.B. & Jelly  Sun Chips Baby Carrots Mandarin Oranges Peaches	<b>12</b>	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk  <u>LUNCH</u> A. Toasted Cheese B. Pizza C. P.B. & Jelly Celery w/Dip Tomato Soup Banana Applesauce
<b>15</b>	<u>BREAKFAST</u> Oatmeal Bar Yogurt Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Cheese Burger B. Hot Dog C. P.B. & Jelly Lettuce Tomato Cup Potato Fries Apple Slices Mixed Fruit	<b>16</b>	<u>BREAKFAST</u> Fruit-Filled Pancakes Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Chicken Stew B. Hot Dog C. P.B. & Jelly Bread Stick Cucumber Slices Peach Cup Oranges	<b>17</b>	<u>BREAKFAST</u> French Toast Sticks Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Hot Pockets B. Hot Dog C. P.B. & Jelly Romaine Salad Grape Tomatoes Garbanzo Beans Pears Peaches	<b>18</b>	<u>BREAKFAST</u> Graham Crackers Yogurt Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Taco In A Bag B. Hot Dog C. P.B. & Jelly Salsa - Cheese Soft Pretzel Lettuce Tomato Cup Grapes Sherbert	<b>19</b>	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk  <u>LUNCH</u> A. Mac & Cheese B. Hot Dog C. P.B. & Jelly Summer Blend Vegetables Stewed Tomatoes Apple Pineapples
<b>22</b>	<u>BREAKFAST</u> Bagel & Yogurt Fresh Fruit & Juice Milk  <u>LUNCH</u> A. Chicken Strips B. Beef Rib C. P.B. & Jelly Buttered Pasta Winter Blend Vegetables Peaches Mixed Fruit	<b>23</b>	<u>BREAKFAST</u> Chocolate Chip Waffle Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Hot Ham & Cheese B. Beef Rib C. Ham on Roll Potato Tots Celery & Carrots w/Dip Banana Juice Cup	<b>24</b>	<u>BREAKFAST</u> Whole Grain Cereal Mini Muffin Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Beef Ravioli w/Muffin B. Beef Rib C. P.B. & Jelly Cucumbers String Cheese Romaine Salad Mandarin Oranges Pears	<b>25</b>	<u>BREAKFAST</u> Breakfast Pizza Fresh Fruit or Juice Milk  <u>LUNCH</u> A. Beef BBQ B. Beef Rib C. P.B. & Jelly Hash Brown Cucumbers Peach Cup Apple n	<b>26</b>	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk  <u>LUNCH</u> A. Pizza B. Beef Rib C. P.B. & Jelly Garbanzo Beans Romaine Salad Green Beans Tropical Fruit Grapes

Breakfast..... \$1.10 LUNCH  
Breakfast (Reduced)... \$0.30  
Lunch (Reduced)..... \$0.40

Elementary..... \$2.35  
Middle School..... \$2.45  
High School..... \$2.65

\*MENUS SUBJECT TO CHANGE AS REQUIRED.  
Choice of fresh fruits, salads and vegetables daily  
Choice of 1%, chocolate and skim milk available daily