



**SCHUYLKILL HAVEN AREA SCHOOL DISTRICT
BREAKFAST & LUNCH MENU
OCTOBER 2020**



Monday		Wednesday		Thursday		Friday			
28	<u>BREAKFAST</u> Fruit Mini-Muffin Whole Grain Cereal Fresh Fruit or Juice Milk <u>LUNCH</u> A. Hot Dog B. Turkey & Cheese Sand C. P.B. & Jelly Baked Beans Sauerkraut Mashed Potatoes Applesauce	29	<u>BREAKFAST</u> Egg & Cheese Omelet Fresh Fruit or Juice Milk <u>LUNCH</u> A. Chicken Nuggets B. Turkey & Cheese Sand C. P.B. & Jelly Peas Buttered Pasta Apple Slices	30	<u>BREAKFAST</u> Bagel Yogurt Fresh Fruit or Juice Milk <u>LUNCH</u> A. Cheese Steak B. Turkey & Cheese Sand C. P.B. & Jelly Corn French Fries Peaches	1	<u>BREAKFAST</u> Mini-Waffles Fresh Fruit or Juice Milk <u>LUNCH</u> A. Lasagna B. Turkey & Cheese Sand C. P.B. & Jelly Tossed Salad Grape Tomatoes Pears	2	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pizza Wedge B. Turkey & Cheese Sand C. P.B. & Jelly Baby Carrots Summer Blend Vegetables Pineapples
5	<u>BREAKFAST</u> Breakfast Bun Fresh Fruit or Juice Milk <u>LUNCH</u> A. Cheese Burger B. Hot Dog C. P.B. & Jelly Lettuce Tomato Cup Potato Fries Mixed Fruit	6	<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) Clementine or Orange	7	<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	8	<u>BREAKFAST</u> Nutri-Grain Bar Fresh Fruit or Juice Milk <u>LUNCH</u> A. Ham & Cheese Sub B. Pizza C. P.B. & Jelly Pickles Sun Chips Baby Carrots Mandarin Oranges	9	<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
12	TEACHER IN-SERVICE <u>School Closed</u>	13	<u>BREAKFAST</u> Fruit-Filled Pancakes Fresh Fruit or Juice Milk <u>LUNCH</u> A. Chicken Pot-Pie B. Hot Dog C. P.B. & Jelly Bread Stick Cucumber Slices Grapes	14	<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	15	<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 Apple	16	<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 Pineapples
19	<u>BREAKFAST</u> Bagel & Yogurt Fresh Fruit & Juice Milk <u>LUNCH</u> A. Chicken Strips B. Meatball Hoagie C. P.B. & Jelly Buttered Pasta Winter Blend Vegetables Peaches	20	<u>BREAKFAST</u> Chocolate Chip Waffle Fresh Fruit or Juice Milk <u>LUNCH</u> A. Hot Ham & Cheese B. Meatball Hoagie C. P.B. & Jelly Potato Tots Celery & Carrots w/Dip Banana	21	<u>BREAKFAST</u> Whole Grain Cereal Mini Muffin Fresh Fruit or Juice Milk <u>LUNCH</u> A. Beef Ravioli w/Muffin B. Meatball Hoagie C. P.B. & Jelly Cucumbers String Cheese Romaine Salad Mandarin Oranges	22	<u>BREAKFAST</u> Breakfast Pizza Fresh Fruit or Juice Milk <u>LUNCH</u> A. Beef BBQ B. Meatball Hoagie C. P.B. & Jelly Hash Brown Cucumbers Peach Cup	23	<u>BREAKFAST</u> Breakfast Grabbers Fresh Fruit Milk <u>LUNCH</u> A. Pizza B. Meatball Hoagie C. P.B. & Jelly Garbanzo Beans Romaine Salad Green Beans Tropical Fruit

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