

October Menu 2019

Missoula County Public Schools Elementary and Middle School

1st Soft beef taco

2nd Wholegrain mini deep-dish personal pan pizza

3rd Homemade chicken and noodles

4th Meatball sub sandwich

7th Wholegrain baked corn dog

8th Chicken taco

9th Wholegrain pizza calzone

10th Barbeque rib sandwich

11th Tangerine Chicken

14th Teriyaki chicken

15th Walking taco with cheese

16th Homemade macaroni and cheese

17th No School

18th No School

21st Breakfast for lunch; sausage and cheese on an English muffin

22nd Super nachos

23rd Wholegrain mini deep-dish personal pan pizza

24th Homemade chicken noodle soup

25th Hot dog

28th Wholegrain chicken tenders

29th Bean and Cheese burrito

31st Goulash

Available Daily:

- *Deli sandwiches, salad bar with fresh fruits and vegetables, variety of milk including; 1% white, Skim white, Skim chocolate, variety 100% fruit juice including; orange, apple and grape.*

Breakfast October 2019

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1st Wholegrain blueberry pancakes

2nd Wholegrain maple waffles

3rd Wholegrain cheese breadstick

4th Homemade, wholegrain banana muffin

7th Nutrigrain bar with string cheese

8th Wholegrain maple pancakes

9th Wholegrain cinnamon glazed French toast sticks

10th Sunrise breakfast stick

11th Homemade, wholegrain pear muffin

14th Nature Valley breakfast bar with yogurt

15th Wholegrain blueberry pancake

16th Wholegrain pancake wrapped sausage

17th No School

18th No School

21st Nutrigrain bar with string cheese

22nd Wholegrain maple pancakes

23rd Wholegrain cinnamon glazed French toast sticks

24th Sausage and cheese bagel breakfast sandwich

25th Homemade, wholegrain pumpkin chocolate chip muffin

28th Nature Valley breakfast bar with yogurt

29th Wholegrain blueberry pancake

30th Wholegrain maple waffle

31st Cold cereal, wholegrain Lil Cinnamon John

Available Daily:

- *Variety of milk including; 1% white, Skim white, Skim chocolate, variety 100% fruit juice including; orange, apple and grape juic.*