



Regina Coeli School

Breakfast Menu

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Cinnamon Rolls, Fruit, 100% Fruit Juice, Milk	2 Assorted Pop Tarts, RF Yogurt Cup, Fruit, 100% Fruit Cup, Milk
5 Sausage Egg & Cheese Sliders, Fruit, 100% Fruit Juice, Milk	6 Assorted Cereals, RF Gogurt, Fruit, 100% Fruit Juice, Milk	7 Fruit Flavored Oatmeal, Fruit, 100% Fruit Juice, Milk	8 WG French Toast w/Syrup, Fruit, 100% Fruit Juice, Milk	9 Assorted Breakfast Bars, Fruit, 100% Fruit Juice, Milk
12 	13 Mini Cream Cheese Bagels, Fruit, 100% Fruit Juice, Milk	14 WG Egg & Cheese Tacos, Fruit, 100% Fruit Juice, Milk	15 WG Pancake Wraps w/Syrup, Fruit, 100% Fruit Juice, Milk	16 Assorted Cereals, String Cheese, Fruit, 100% Fruit Juice, Milk
19 WG Turkey Sausage Breakfast Pizza, Fruit, 100% Fruit Juice, Milk	20 WG French Toast w/Syrup, Fruit, 100% Fruit Juice, Milk	21 WG Mini Donuts, Fruit, 100% Fruit Juice, Milk	22 Assorted Cereals, RF Gogurt, Fruit, 100% Fruit Juice, Milk	23 WG Fruit Frudel, Fruit, 100% Fruit Juice, Milk
26 Assorted Cereals, WG Cinnamon Goldfish, Fruit, 100% Fruit Juice, Milk	27 Assorted WG Breakfast Bars, Fruit, 100% Fruit Juice, Milk	28 RF Yogurt Cup, Simply Chex-Strawberry Yogurt, Apple Slices, 100% Fruit Juice, Milk	29 Sausage Egg & Cheese Sliders, Fruit, 100% Fruit Juice, Milk	30 Assorted WG Pancakes w/Syrup, Fruit, 100% Fruit Juice, Milk

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Lunch Menu

October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Pulled Chicken On WG Bun, Corn, Fruit, Jello, Milk	2 WG Mac & Cheese Broccoli, Garlic Bread, Fruit, Milk
5 WG Corn Dog, Green Beans, Sweet Potato Puffs, Fruit, Milk	6 Hamburger or Cheeseburger on WG Bun, Baked Beans, Fries, Pickle, Fruit, Sorbet, Milk	7 WG Waffles w/Syrup, Potato Patty, Turkey Sausage, Fruit, Paradise Punch, Milk	8 Cheese or Pepperoni Pizza, Romaine Salad, Fruit, Jello, Milk	9 WG PB&J Uncrustables, Cucumbers & Cherry Tomatoes w/Ranch, String Cheese, Cheez-its, Fruit, Milk
12 	13 DIY Lunchable w/Lunchmeat & Cheese Cubes, Crackers, Carrots, w/Ranch, Fruit, WG Cookie, Milk	14 WG Chicken Drumstick, Romaine Salad, Corn Bread, Fruit, Pudding, Milk	15 Sloppy Joe on WG Bun, Green Beans, Tater Tots, Fruit, Milk	16 WG Pancakes w/Syrup, Turkey Sausage, Potato Patty, Paradise Punch, Fruit, Milk
19 WG Chicken Tenders, Romaine Salad, Tater Tots, Fruit, WG Roll, Milk	20 Soft Taco w/Lettuce & Cheese, Black Bean Fiesta, Chips & Salsa, Fruit, Milk	21 WG PB&J Uncrustable, Gogurt, Carrots, w/Ranch, Baked Chips, Fruit, Milk	22 Chicken Patty On WG Bun, Green Beans, Fruit, Fruit Snacks, Milk	23 WG Three Cheese Calzone w/Marinara, Mixed Vegetables, Fruit, Jello, Milk
26 Cheese or Pepperoni Pizza, Carrots & Celery w/Ranch, Fruit, Fruit Snacks, Milk	27 Walking Taco, Salsa, Black Bean Fiesta, Fruit, WG Cookie, Milk	28 General Tso's Chicken, Rice, Broccoli, Fruit, WG Cookie, Milk	29 WG Chicken Nuggets, Peas, Fries, Corn Bread, Fruit, Milk	30 WG Bow Tie Pasta w/Marinara, Romaine Salad, Cheese Stuffed Breadstick, Fruit, Milk