

OCTOBER 2018

Three Forks Schools

MONDAY

BREAKFAST 1
Ham & Cheese Omelette
Cold Cereal
LUNCH
Turkey/Bacon Sub
Chips/ Pickle Spear
Watermelon slice

BREAKFAST 8
Breakfast Burrito
Cold Cereal
LUNCH
Pizza Pasta
Corn / Fruit
Italian Dunkers

BREAKFAST 15
Ham & Cheese Omelette
Cold Cereal
LUNCH
Chicken Bacon Ranch Penne'
Capri Blend Veggies
Homemade Roll / Fruit

BREAKFAST 22
Breakfast Burrito
Cold Cereal
LUNCH
Meatball Sub
Tatertots/ Pickle Spear
Fruit

BREAKFAST 29
Ham & Cheese Omelette
Cold Cereal
LUNCH
Spaghetti & Meatsauce
Corn / Fruit
Garlic Toast

TUESDAY

BREAKFAST 2
Sausage & Egg McMuffin
7-Grain Hot Cereal
LUNCH
Hawaiian Haystacks
Fixin's
Mandarine Oranges

BREAKFAST 9
Biscuit & Gravy
7-Grain Hot Cereal
LUNCH
Bean Burrito
Spanish Rice
Black Beans / Fruit

BREAKFAST 16
Sausage & Egg McMuffin
7-Grain Hot Cereal
LUNCH
Soft Shell Taco
Fixin's
Refried Beans / Fruit

BREAKFAST 23
Biscuit & Gravy
7-Grain Hot Cereal
LUNCH
Chili/ Cheese & Crackers
Famous Cinnamon Roll
Applesauce Cup

BREAKFAST 30
Sausage & Egg McMuffin
7-Grain Hot Cereal
LUNCH
Hamburger
Fixin's
French Fries / Fruit

WEDNESDAY

BREAKFAST 3
French Toast Stix / Bacon
Cold Cereal
LUNCH
Cluckers
Fixin's
French Fries / Fruit

BREAKFAST 10
French Toast Stix / Bacon
Cold Cereal
LUNCH
Grilled Chicken Sandwich
Fixin's
Tatertots / Fruit

BREAKFAST 17
French Toast Stix / Bacon
Cold Cereal
LUNCH
k-5 Tomato Soup
6-12 Tomato Basil Raviollette
Italian Dunkers / Fruit

BREAKFAST 24
French Toast Stix / Bacon
Cold Cereal
LUNCH
Hot Dog
With or with out Chili
Chips / Cheese Stick / Fruit

BREAKFAST 31
Eat at your own risk!
LUNCH
Witches Hats, Brains,
Fingers & Dried Blood
Frog guts

THURSDAY

BREAKFAST 4
Ham & Egg Croissant
7-Grain Hot Cereal
LUNCH
Pork Fritters
Scalloped Potatoes
Green Beans / Fruit

BREAKFAST 11
Breakfast Pizza
7-Grain Hot Cereal
LUNCH
Chicken Fried Steak
Mashed Potatoes & Gravy
Green Beans / Fruit

18
NO School

BREAKFAST 25
Ham & Egg Croissant
7-Grain Hot Cereal
LUNCH
Beef Stroganoff
Green Beans / Fruit
Homemade Roll

DID YOU KNOW...
October comes from the Latin
word "octo" which means eight.

FRIDAY

BREAKFAST 5
Bagels / Cream Cheese
Cold Cereal
LUNCH
Walking Taco
Fixin's
Fruit / Cookie

BREAKFAST 12
Pancake Wrap
Cold Cereal
LUNCH
k-3 Sloppy Joe
Pulled Pork Sandwich
Cole Slaw / Beans
Chips/ Fruit

19
No School

BREAKFAST 26
Bagels / Cream Cheese
Cold Cereal
LUNCH
Pizza
Salad Mix
Fruit
Rice Crispy Treat

Sandwich Bar

Elementary

Monday--- Ham & Cheese
Tuesday---Tuna & Cheese
Wednesday --- PB & Jelly
Thursday ---Turkey & Cheese

Roast Beef, Turkey, Ham
Tuna & Egg Salad
Whole Grain Bread Choices
Assorted Toppings & Cheese

Meal Prices

Breakfast
k-12 \$2.50
Lunch
k-5th \$2.50
6th - 12th \$2.75
Adult \$3.50

Salad Bar

Is offered to students
3rd Grade & UP
With any menu choice
Romain Lettuce
Ceasar Salad
Spinach & Coleslaw Salads
Cottage Cheese
Veggies

Soup Pots are for 6th Grade and UP

Menu subject to change
Notice given when possible