

October 2015

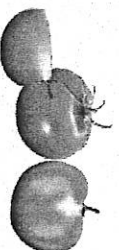
CYRIL PUBLIC SCHOOL HOME OF THE PLATES

LUNCH



REMINDER PARENTS: on Thursday the 22 nd kids may get only one more slice pizza for 1.50 .so plz let me know no later then the 15th of the month so I can order

Nutrition Tip: My Plate recommends: Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.



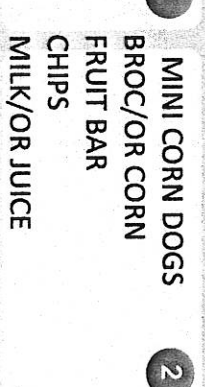
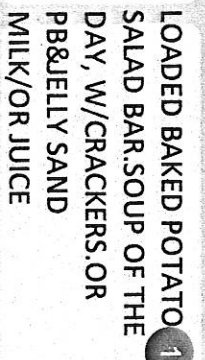
Monday

Tuesday

Wednesday

Thursday

Friday



5 BBQ PORK SAND
CRUNCHY CARROT STIX
DIPPIN SAUCE. CHIPS
FRUIT/SALAD BAR
MILK/OR JUICE

6 TACO TUESDAY(BEEF)
RICE/OR BEANS
SALSA/SALAD BAR
FRUIT BAR
MILK/OR JUICE

7 SPAGHETTI/W MEAT
GARLIC STIX SALAD BAR
FRUIT, MILK/OR JUICE

8 CHICKEN ENCHILADAS
BLACK BEANS/OR RICE
SALSA ,SALAD AND VEGGIE
BAR
MILK/OR JUICE

9 CHILI /w CRACKERS
GRN BEANS./BROCCOLI
BAKED APPLES.FRUIT BAR
MILK/OR JUICE

12 PIRATE BURGER
TETRUS TOT MAZE
GRN BEANS/OR CARROTS
FRUIT, AND SALAD BAR
MILK/OR JUICE

13 Hot dogs/w chili
Chips
Broc/or mixed veggies
Fruit bar
milk/JUICE

14 VEGTABLE BEEF SOUP/W
CRACKERS.FRUIT/AND
VEGGIE BAR.
CHEESE SAND
MILK/OR JUICE

15 HOMEMADE FROM
SCRATCH CKN POT PIE
MIXED SALAD .FRUIT BAR
MILK/OR JUICE

16 **NO SCHOOL**

19 **NO SCHOOL**

20 MAC&CHEESE
GARDEN SALAD/GREEN
BEANS.FRUIT/SALAD BAR
MILK/OR JUICE

21 DELI SUB
CHIPS/CRISPY CARROTS
TOTS.FRUIT AND VEGGIE
BAR.MILK/OR JUICE

22 FAT BOYS PIZZA IS HERE
PINEAPPLES,FRUIT AND
SALAD BAR
MILK/OR JUICE
HAPPY BIRTHDAY DESERT

23 CHEESE SAND GRILLED
SOUP OF THE DAY
SALAD BAR/WITH FRUIT
MILK/OR JUICE

26 CRISPY CKN SAND
SWEET POT TOTS
BAKED BEANS/OR GLAZED
CARROTS. FRUIT/SALAD BAR
MILK/OR JUICE

27 Taco Tuesday(beef)
Rice/or beans
Fruit/and salad bar
Milk/or juice

28 CHICKEN NUGGETS
Mash/gravy
Grn beans/or corn
Desert /fruit bar

29 Spaghetti /w meat
Bread stick
Garden salad/fruit bar
Milk/or juice

30 Warm cheese sand/tom
Soup. Salad bar. Fruit BAR
Chips
Milk/or juice