



Cyclone High/Middle School Menu

Breakfast is available every day with cereal, juice, fruit cup, milk and additional item listed for day.

PBJ will be offered daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Mini Waffles	Mini Waffles
		Virtual	Taco's w/Doritos Corn Cheese cup Fruit Mix 1	Taco's w/Doritos Corn Cheese cup Fruit Mix 2
Cinni Mini	Cinni Mini		Mini Pancakes	Mini Pancakes
French toast sticks Sausage link Smiles Pears 5	French toast sticks Sausage link Smiles Pears 6	Virtual	Chicken Quesadilla Garden Salad Salsa/ Garlic knot Peaches 8	Chicken Quesadilla Garden Salad Salsa/ Garlic Knot Peaches 9
NO SCHOOL COLUMBUS DAY 12	Cinni Mini		Mini French Toast	Mini French Toast
	Hot Meatball Sub Corn Applesauce 13	Virtual	Bosco Sticks Garden Salad Marinara Cup Fruit Mix 15	Bosco Sticks Garden Salad Marinara Cup Fruit Mix 16
Mini Donut	Mini Donut		Breakfast Bread	Breakfast Bread
Pork Steak French Fries Pears/ Breadstick 19	Pork Steak French Fries Pears/ Breadstick 20	Virtual	Cheeseburger on a Roll Tater tot Peaches 22	Cheeseburger on a Roll Tater tot Peaches 23
Cinni Mini	Cinni Mini		Poptart	Poptart
Spicy Chicken on a Roll Waffle Fries Applesauce 26	Spicy Chicken on a Roll Waffle Fries Applesauce 27	Virtual	Individual Pan Pizza Garden Salad Fruit Mix 29	EARLY DISMISSAL PBJ Bag Lunch Carrot treats Fruit Cup / Milk 30

USDA IS AN EQUAL OPPORTUNITY PROVIDER EMPLOYER Milk available daily: Fat free, 1% and Fat free chocolate

Menu subject to change without notice

Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

