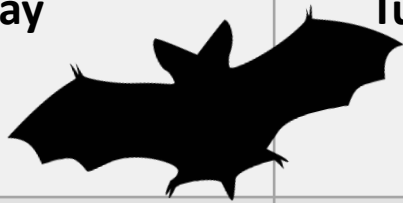



Meridian Elementary Breakfast/ Lunch Menu October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Breakfast</u> Assorted cereal <u>Lunch</u> Turkey tacos Mexican rice	3 <u>Breakfast</u> Lucky rainbow parfait <u>Lunch</u> turkey sandwich potato chips	4 <u>Breakfast</u> French toast sticks <u>Lunch</u> fish sticks pasta salad	5 <u>Breakfast</u> Scrambled eggs <u>Lunch</u> Nachos refried beans	6 <u>Breakfast</u> cowboy bread <u>Lunch</u> corn dogs French fries
9 <u>Breakfast</u> assorted cereal <u>Lunch</u> hot dogs macaroni salad	10 <u>Breakfast</u> bagels and yogurt <u>Lunch</u> spaghetti garlic bread	11 <u>Breakfast</u> Muffins <u>Lunch</u> cheeseburgers baked beans	12 <u>Breakfast</u> Egg and cheese sandwich <u>Lunch</u> pizza salad	13 No school
16 <u>Breakfast</u> assorted cereal <u>Lunch</u> chicken alfredo garlic bread	17 <u>Breakfast</u> pancakes <u>Lunch</u> turkey ranch wrap potato chips	18 <u>Breakfast</u> Yogurt parfait <u>Lunch</u> chicken nuggets French fries	19 <u>Breakfast</u> Egg and cheese sandwich <u>Lunch</u> Bean burrito Mexican rice	20 <u>Breakfast</u> French toast squares <u>Lunch</u> macaroni and cheese garlic bread
23 <u>Breakfast</u> assorted cereal <u>Lunch</u> Tuna sandwich Potato chips	24 <u>Breakfast</u> cowboy bread <u>Lunch</u> Chicken noodle soup garlic bread	25 <u>Breakfast</u> French toast sticks <u>Lunch</u> turkey tacos Mexican rice	26 <u>Breakfast</u> scrambled eggs <u>Lunch</u> Hot dogs macaroni salad	27 <u>Breakfast</u> muffins <u>Lunch</u> Chicken alfredo garlic bread
30 <u>Breakfast</u> Assorted cereal <u>Lunch</u> nachos refried beans	31 <u>Breakfast</u> Bagels and yogurt <u>Lunch</u> Grilled cheese tomato sandwich			

Breakfast is served daily starting at 7:30 am and Lunch starting at 12 pm. Cafeteria doors will remained locked until 7:30 am. Breakfast includes an entrée, fresh fruit, milk, and fruit juice. Lunch includes an entrée, fresh vegetable, fruit, and milk. Peanut butter and jelly sandwiches are available as a substitute daily. If you have any questions or concerns please contact Ms. Amanda at (530) 696-2604 ext. 104.

