

OCTOBER 2023

Riceville Community School District

All Meals are served with choice of Fat free white or chocolate & 1% white Milk. Fresh fruit option is based on the current availability for each week. Cereal served everyday as an alternative option to main breakfast item. All menus are subject to change. Fresh fruit and vegetable bar are offered daily and are based on availability.

Breakfast and Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cereal Yogurt Parfait Blueberries, Juice, & Milk</p> <p>Breaded Pork Chop Mashed Potatoes/Country Gravy Broccoli, Dinner Roll Peaches, Milk</p> <p>2</p>	<p>Breakfast Burrito Applesauce, Juice, & Milk</p> <p>Chili Potato Bar WG Cinnamon Rolls Honey Dew, Milk</p> <p>3</p>	<p>Pancakes w/syrup Sausage Smoothies, Juice, Milk</p> <p>Turkey Wraps WG Chips Tomatoes, Grapes, Milk</p> <p>4 National Healthy Walk Day</p>	<p>Power Bites Yogurt Raspberries, Juice, Milk</p> <p>Chicken Bok Choy Salad WG Garlic Bread Banana, Milk</p> <p>5</p>	<p>Bagels w/cream cheese or PB String Cheese Mangos, Juice, Milk</p> <p>Grill out with The Cattlemen WG Bun Lettuce, Tomato, Apples, Milk</p> <p>6 Home Coming</p>
<p>Cereal Breakfast Bar Pears, Juice, & Milk</p> <p>Sausage or Pepperoni Pizza WG Crust Corn, Banana, Milk</p> <p>9 Columbus Day</p>	<p>French Toast w/syrup Hard Boiled Eggs Mandarin Oranges, Juice, Milk</p> <p>Ropa Vieja (Shredded Beef over Rice) WG Rice Refried Beans, Pineapple Milk</p> <p>10</p>	<p>Scrambled Eggs & Ham Muffin Peaches, Juice, Milk</p> <p>Harvest Spinach & Chicken Apple Salad WG Banana Bread Apples, WG Apple Crisp, Milk</p> <p>11 Great Apple Crunch Day</p>	<p>Donuts Apple Sauce, Juice, Milk</p> <p>Chicken Eggplant Parmesan WG Bun Oranges, Milk</p> <p>12</p>	<p>Fruit Pizza Blueberries, Juice, Milk</p> <p>WG Mac and Cheese Romaine, Carrots WG Scooby Snack Honey Dew, Milk</p> <p>13</p>
<p>Breakfast Pizza Smoothies, Juice, Milk</p> <p>Pop Corn Chicken Mash Potatoes, Corn WG Biscuit Grapes, Milk</p> <p>16 Boss's Day</p>	<p>Toast Cheese Omelet Honey Dew, Juice, & Milk</p> <p>Loaded Beef Nachos WG Tostitos Choice of toppings from Salad Bar Oranges, Milk</p> <p>17</p>	<p>Cereal Bars String Cheese Applesauce, Juice, Milk</p> <p>Ham Sandwiches WG Bun, WG Chips Tomatoes, Onions, Lettuce Bananas, Milk</p> <p>18 Early Dismissal</p>	<p>Apple Cinnamon Muffin Yogurt Grapes, Juice, Milk</p> <p>Chicken Vegetable Bowl WG Rice, Carrots, Zucchini Mandarin Oranges, Milk</p> <p>19 Taste Test Day</p>	<p>Waffles w/syrup Sausage Patty Strawberries, Juice, Milk</p> <p>Cheesy Beefy Pasta Bake Garlic Toast Spinach, Banana, Milk</p> <p>20</p>
<p>Biscuits & Gravy Raspberries, Juice, Milk</p> <p>Mandarin Orange Chicken WG Rice Edamame, Grapes, Milk</p> <p>23</p>	<p>Sausage Egg Biscuit Strawberries, Juice, Milk</p> <p>Tacos WG Tortilla Lettuce, Tomato, Black Beans, Cheese Peaches, Milk</p> <p>24 PT Conferences</p>	<p>Uncrustables Pears, Juice, Milk</p> <p>Beef Stroganoff WG Noodles Dinner Roll, Broccoli Blueberries, Milk</p> <p>25</p>	<p>Banana Bread String Cheese Cantaloupe, Juice, Milk</p> <p>Chicken Strips Tater Tots Buttered Bread Peas, Honey Dew, Milk</p> <p>26</p>	<p>27 No School</p>
<p>30 No School</p>	<p>Monster Muffins Bloodshot Eggs Bloody Berry Fruit Salad, Juice, Milk</p> <p>Goul-lash Pumpkin Bread Witch Fingers (celery) Boo-nanas, Milk</p> <p>31 Happy Halloween</p>			

"This institution is an equal opportunity provider."