

OCTOBER 2024

Riceville Community School District

Breakfast & Lunch

Monday



Tuesday

Wednesday

Thursday

Friday

WG Breakfast Flatbread
Mixed Fruit, Juice, Milk **1**

Beef Stir Fry
WG Rice
Carrots, Stir fry vegetables
Strawberries, Milk

Fruit Galore Overnight Oats
Choice of Fruit Topping, Juice
Milk **2**

WG BBQ Chicken Sandwich
WG Chips
Romaine, Tomatoes, Pickles
Mango, Milk

Cereal
Yogurt
Blueberries, Juice, Milk **3**

Sweet & Sour Turkey Wrap
WG Wrap
Asian Coleslaw
Honey Dew, Milk

Egg Bites
WG Toast
Cantaloupe, Juice, Milk **4**

Chicken Tortilla Soup
WG Fritos & Crackers
Tomatoes, Black Beans, Corn
Apple, Milk

Sausage Egg Cheese Empanada
Applesauce, Juice, Milk **7**

WG Chicken Strips
French Fries, Corn
Salad Bar
Pineapple, Milk

WG Breakfast Pizza
Cantaloupe, Juice, Milk **8**

Philly Cheesesteak Nachos
WG Tostitos
Green & Red Peppers, Onion, Mush-
rooms
Apple, Milk

Chocolate Chip & Strawberry
Oatmeal Pancake
Banana, Juice, Milk **9**

WG Spaghetti
Meat Sauce
WG Garlic Bread
Green Beans, Pears, Milk

Fruit & Yogurt Parfait
WG Chewy Bar Crumbles
Mixed Berries, Juice, Milk **10**

Spicy Sweet Asian Crunch Salad
WG Tortilla Chips
Romaine, Tomatoes, Soybeans
Mandarin Oranges, Milk

WG Bagels w/peanut butter
Hard Boiled Egg
Peaches, Juice, Milk **11**

Cook Out with the Cattlemen
Hamburgers, WG Buns
Tomatoes, Lettuce
Strawberries, Milk
Homecoming

WG Cinnamon Toast Crunch Muffins
Yogurt
Peaches, Juice, Milk **14**

Cuban Sandwich
WG Hoagie
Romaine, Pears, Milk

National School Lunch Week
(Pirate Theme)

Breakfast Bagels
Blueberries, Juice, Milk **15**

Chicken Tortilla Soup
WG Fritos & Crackers
Tomatoes, Black Beans, Corn
Apple, Milk

**No
School** **16**

Cereal
Hard-boiled Egg
Banana, Juice, Milk **17**

Peg Legs (WG Corn Dogs)
Pirates Booty
Broccoli, Grapes, Milk

WG Apple or Cherry Frudel
Pears, Juice, Milk **18**

Jamaican Jerk Pulled Pork Sliders
WG Dinner Roll
Mango Slaw, Oranges, Milk
End of 1st Semester

WG Pumpkin Bread
Banana, Juice, Milk **21**

Protein Plates
Choice of Proteins, WG Crackers
Carrots, Celery, Ranch
Grapes
Milk

WG Breakfast Sandwiches
Mixed fruit, Juice, Milk **22**

Beef Fajitas
WG Tortilla
Mixed Peppers & Onions
Pears, Milk

Breakfast Burrito
Salsa, Applesauce, Juice, Milk **23**

WG Chicken Ramen
WG Pretzel Bites
Red & Green Peppers
Honey Dew, Milk

WG Donuts
Peaches, Juice, Milk **24**

Grilled Chicken on WG Bun
Broccoli, Cheese, & Rice Casserole
Salad Bar, Gr, Milk
PT Conference

WG Biscuits & Gravy
Strawberries, Juice, Milk **25**

WG Taco Pizza
WG Doritos
Tomatoes, Lettuce, Refried Beans
Banana, Milk

WG Chocolate Filled Crescent Rolls
Applesauce, Juice, Milk **28**

Mandarin Orange Chicken
Chicken Fried Rice
Peas & Carrots
Mandarin Oranges, Milk

Cheese & Egg Omelets
WG Toast
Peaches, Juice, Milk **29**

WG Beef Enchiladas
Refried Beans
Lettuce, Tomatoes
Mixed Berries, Milk
PT Conferences

WG Breakfast Bars
Pears, Juice, Milk **30**

Ham or Turkey Sandwich
WG Hoagie & Chips
Lettuce, Tomato, Onions
Banana, Milk
WG Pumpkin Dessert

Boo Biscuit & Booger Gravy
Bloody Orange, Juice, Milk **31**

Vampire Blood Soup
Goul Cheese Sammies
Witch Fingers, Poisoned Apples
Milk, Monster Cookie

