

WEST BATON ROUGE CHILD NUTRITION PROGRAM
BREAKFAST AND LUNCH MENUS
OCTOBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are subject to change without notice.		1 Cheese Toast Cereal / Juice Milk Turkey or Chicken Stew Steamed Brown Rice Steamed Broccoli Fresh Fruit Wheat Roll Milk	2 Break fast Pizza Banana / Milk *Chili/Cheese Loaded Potato Spinach Salad w/Italian vinaigrette dressing Fruit / Whole Wheat Crackers Oatmeal Cookies Milk *ES Option: Pizza Burger * HS Option: Chef Salad	3 Scrambled Eggs Toast / Juice / Milk Grilled Chicken Wrap w/ Lo Fat Ranch Dressing Lettuce / Tomato California Blend Veggies Sliced Peaches Milk
6 Pancake/Syrup/Patties Juice/Milk Popcorn Chicken Macaroni N Cheese Seasoned Green Beans Pineapple Tidbits WW Roll Milk	7 Breakfast Stix w/Syrup Fruit Choice/Milk Hamburger on WW Bun Lettuce/Tomato/Pickle Potato Rounds Fresh Orange Half Catsup/Mustard/Mayo Milk	8 2 oz Cereal / Cheese Stick Juice/Milk Baked Chicken Creamed Potatoes Seasoned Black-eyed Peas Fresh Fruit WW Roll Milk	9 Biscuit / Jelly Bananas / Milk Spaghetti/Meat Sauce Corn on the Cob Green Salad Lo fat Pudding WW Garlic Bread Milk	10 Scrambled Eggs / Grits Toast / Juice/ Milk Hot Dogs Baked Beans Fresh Fruit Banana Bread Squares Milk
13 Toast w/ PB & J Cereal Juice/Milk Pulled Pork On WW Bun Spicy Wedges or Fries Coleslaw Sliced Peaches Milk	14 Breakfast Stix w/Syrup Fruit Choice Milk White Beans w/Ham Steamed Rice Seasoned Greens* Fresh Fruit Corn Bread Vanilla Wafers Milk *Option: Mustard or Turnip	15 Sausage Biscuit Juice/Milk Beef /Cheese Nachos* Refried Beans Lettuce/Tomato Salad Fresh Fruit Graham Crackers / Milk *Option: Beef/Cheese Taco	16 Low fat Yogurt Graham Crackers Fruit / Milk Spicy Oven Baked Chicken *Red Beans w /rice Biscuit Banana Milk * No Sausage in Beans	17 French Toast Sticks Juice/Milk Chicken/Sausage Pastalaya Baked Sweet Potato Frozen Fruit Dessert WW Rolls Milk
20 2 oz. Muffin Juice / Milk Red Beans w/Sausage Steamed Brown Rice Steamed Cabbage Fresh Fruit Cornbread Milk	21 Whole Wheat Waffles Juice / Milk Whole Grain Pizza Carrot/Celery Sticks w/ lo Fat Dressing Seasoned Corn Jell-O / Graham Crackers Milk	22 Cheese Toast Cereal / Juice Milk Turkey or Chicken Stew Steamed Brown Rice Steamed Broccoli Fresh Fruit Wheat Roll Milk	23 Break fast Pizza Banana / Milk *Chili/Cheese Loaded Potato Spinach Salad w/Italian vinaigrette dressing Fruit / Whole Wheat Crackers Oatmeal Cookies Milk *ES Option: Pizza Burger * HS Option: Chef Salad	24 Scrambled Eggs Toast / Juice / Milk Grilled Chicken Wrap w/ Lo Fat Ranch Dressing Lettuce / Tomato California Blend Veggies Sliced Peaches Milk
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