

BROKEN ARROW MARGARET HUDSON BREAKFAST & LUNCH MENU – OCTOBER 19-30, 2009

WEEK#3	MONDAY, OCT 19	TUESDAY, OCT 20	WEDNESDAY, OCT 21	THURSDAY, OCT 22	FRIDAY, OCT 23
BREAKFAST	Mixed Fruit Cinnamon Tastry Milk	Orange Smiles Breakfast Pizza Milk	Pears Cereal Muffin Milk	Raspberries Pancake & Sausage on a Stick w/Syrup Milk	Applesauce Super Donut Milk
LUNCH	Chicken Pot Pie Raw Veggies w/Dip Grapes	Potato Bar w/Chili Variety of Toppings Banana Whole Wheat Roll	CiCi's Pizza Green Salad Strawberries	Chicken Dippers Baked Fries WK Corn Apple Wedges Whole Wheat Rolls	Super Nacho Bar Mexican Rice Baby Carrots w/Dip Mixed Fruit
CONDIMENTS					
DRINK					

WEEK#4	MONDAY, OCT 26	TUESDAY, OCT 27	WEDNESDAY, OCT 28	THURSDAY, OCT 29	FRIDAY, OCT 30
BREAKFAST	Strawberries Snack n Waffles Milk	Mixed Fruit Breakfast Pizza Milk	Mixed Berries Mini Pancakes Syrup Milk	Pineapple Pancake & Sausage on a Stick w/Syrup Milk	Banana Yogurt Muffin Milk
LUNCH	Chicken Pomodora Green Salad Peaches	Pasta Bar Green Salad Grapes	Chicken Strips Mashed Potatoes w/Gravy Mixed Raw Veggies w/Dip Applesauce Whole Wheat Rolls	Frito Chili Pie Cinnamon Roll Green Salad Pears	Chicken Fried Steak Mashed Potatoes w/Gravy Steamed Broccoli Strawberries Whole Wheat Rolls
CONDIMENTS					
DRINK					

