

October

BEACON COLLEGE PREP



Monday



Tuesday

Wednesday

Thursday

Friday

BREAKFAST: 01
Pears and Juice
English Muffin w/ Butter
and Milk

LUNCH:
Homemade Beefaroni
Buttery Steam Corn
Applesauce
Milk

SNACK:
Chips and Juice

BREAKFAST: 02
Pineapple Chucks and Juice
Sandwich, Slider Egg, Cheese
And Milk

LUNCH:
Our Famous Meatballs with cheese
Whole Grain Sub Bun
Mixed Green Salad w/ Ranch
Pears and Milk

SNACK:
Yogurt and Cookies

TEACHER PLANNING DAY 03



BREAKFAST: 04
Peaches and Juice
Pancakes w/ syrup
And Milk

LUNCH:
Pizza
Peas & Carrots
Slushy and Milk

SNACK:
Animal Crackers and Juice

BREAKFAST: 07
Peaches and Juice
Cereal and Milk

LUNCH:
Chicken Tenders w/ Ketchup
Mashed Potatoes Bowl w/ Gravy
Corn
Bread Roll
Peaches and Milk

SNACK:
Goldfish Crackers and Juice

BREAKFAST: 08
Pears and Juice
Mini-Ham
Cheese Slider and Milk

LUNCH:
Deli Grilled Turkey Cheese
Chips
Steamed Baby Carrots
Mixed Green Salad w/ Ranch
Mandarin Orange and Milk

SNACK:
Famous Amos Chocolate Chip Cookie
and Juice

BREAKFAST: 09
Tropical Mixed Fruits and Juice
French Toast w/ Jelly
And Milk

LUNCH:
Ropa Vieja on a soft Taco
Grilled Corn Salad w/ Lime dressing
Refried Beans
Orange Natural and Milk

SNACK:
Doritos and Juice

BREAKFAST: 10
Fresh Bananas and Juice
English Muffin w/ Butter
And Milk

LUNCH:
Homemade Macaroni & Cheese
Green Beans
Broccoli w/ Ranch
Slushy and Milk

SNACK:
Knotts Berry Farm Strawberry Shortbread
Cookies and Juice

BREAKFAST: 11
Peaches and Juice
Pancakes w/ syrup
And Milk

LUNCH:
Pizza
Cold Baby Carrots w/ Ranch
Pineapple and Milk

SNACK:
Yogurt and Graham Crackers

BREAKFAST: 14
Peaches and Juice
Cereal
Milk

LUNCH:
Beef Taco Pocket w/ Fiesta Salsa
Corn
Pita bread
Peaches and Milk

SNACK:
Oatmeal Cookies with Juice

BREAKFAST: 15
Cinnamon Apple
Bagel w/ cream cheese and jelly
Milk

LUNCH:
Chicken Waffle Sandwich w/ Honey
Mustard
Broccoli w/ Ranch
Mandarin Orange and Milk

SNACK:
Animal Crackers and Juice

BREAKFAST: 16
Egg Burrito
Fruit Cocktail and Juice
And Milk

LUNCH:
White Cheddar Mac and Cheese
Steamed Carrots
Green Peas
Pears and Milk

SNACK:
Pretzels and Red Apple

BREAKFAST: 17
Mandarin Oranges and Juice
WG Waffles w/ syrup
and Milk

LUNCH:
Cuban Picadillo w/ Potatoes
Brown Rice
Steamed Plantains
Black Beans
Mandarin Orange and Milk

SNACK:
Cheez-it Crackers and Juice

BREAKFAST: 18
Pears and Juice
Banana Bread w/ butter
Boiled Eggs

LUNCH:
Pizza
Steamed Carrots
Corn
Slushy
Milk

SNACK:
Juice and Chips

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BREAKFAST: 21
Fruit Cocktail and Juice
Cereal And Milk

LUNCH:
Cheeseburger with ketchup
Hamburger Bun
Steam Broccoli
Mandarin Oranges and Milk

SNACK:
WG Crackers and Juice

BREAKFAST: 22
Choco Banana Bread
Applesauce and Juice
and Milk

LUNCH:
Arroz con Pollo Criollo w/ Corn
Bread Roll
Mixed Green Beans Steam
Slushy and Milk

SNACK:
Fresh Chocolate Cookies and Juice

BREAKFAST: 23
English Muffin
Egg Patty w/ Ham
Pears and Juice
And Milk

LUNCH:
Honey Chicken
Brown Rice
Peas and Carrots
Applesauce
Milk

SNACK:
Goldfish Crackers and Juice

BREAKFAST: 24
Red Apple
Yogurt
Corn Flake
and Milk

LUNCH:
Classic Ground Taco Beef
Nacho Chips
Mexican Corn
Refried Beans
Fruit Cocktail and Milk

SNACK:
Juice & Chips

BREAKFAST: 25
Mandarin Oranges and Juice
Biscuit
Sausage
And Milk

LUNCH:
Pizza
Steam Carrots
Pears
Milk

SNACK:
Yogurt and Graham Crackers

HALLOWEEN

BREAKFAST: 28
Mandarin Oranges and Juice
Cereal And Milk

LUNCH:
Copycat KFC Bowls:
Popcorn Chicken
Mashed Potatoes, Corn, Shredded
Cheese and Gravy
Peaches and Milk

SNACK:
Juice and Goldfish Crackers

BREAKFAST: 29
Pears and Juice
English Muffin w/ Butter
and Milk

LUNCH:
Homemade Beefaroni
Buttery Steam Corn
Applesauce
Milk

SNACK:
Chips and Juice

BREAKFAST: 30
Pineapple Chunks and Juice
Sandwich, Slider Egg & Cheese
And Milk

LUNCH:
Our Famous Meatballs with cheese
Whole Grain Sub Bun
Mixed Green Salad w/ Ranch
Pears and Milk

SNACK:
Yogurt and Cookies

BREAKFAST: 31
Peaches and Juice
Pancakes w/ syrup
And Milk

LUNCH:
Beef Stew Casserole
Brown Rice
Black Beans
Steam Carrots
Mandarin Orange and Milk

SNACK:
Banana Bread and Juice

COURTESY:
SPOOKY RICE CRISPY TREAT

