Waterloo Community School District

Elementary Elem 22-23

## OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Cocoa Puffs 47 Orange Juice 13 Raspberry lemonade 28 Breaded beef stick 21 Sunbutter Sandwich 33 Mashed Potatoes 17 Gravy 3 Romaine Lettuce Salad Fruit cup After School Snack Campfire S'more 24	4 Breakfast Lucky Charms 46 Raisels Mandarin Orange Cup 17 Chicken Taco 10 Yogurt 1 & Corn Muffin 36 Refried Beans 15 Cherry Tomato 1 Pear Cup 18 After School Snack Grape Juice 28 Churo Crackers 21	5 Breakfast Cinn Chex 46 Strawberry Applesauce 30 Raspberry lemonade 28 Chicken Drumstick 5 Goldfish 16 Cottage Cheese4 Cracker 21 Corn 16 Romaine Lettuce Salad Apple Wedges 8 After School Snack Yogurt 15 Berry/Lemon Cracker 21	6 Breakfast Cinnamon Roll 41 Apple Juice 14 Pear Cup 18 Tater tot casserole Little Pizza Snackable 33 Broccoli w/ Cheese 5 Cucumbers 1 Mandarin Orange Cup 17 After School Snack Goldfish 16	7 Breakfast Blueberry chex 46 Juice 15 Mixed Fruit Cup 18 French Bread Cheese 27 Italian Sandwich 37 Hash brown 29 Mini Carrots 3 After School Snack Poptart, Strawberry 37 Apple Juice 20
10 Breakfast Cocoa Puffs 47 Orange Juice 13 Applesauce 13 Cheese Nachos 43 Sunbutter Sandwich 33 Refried Beans 15 Cherry juice 13 Fruit cup After School Snack Yogurt 15 cookies 22	11 Breakfast Lucky Charms 46 Raspberry lemonade 28 Mandarin Orange Cup 17 Breakfast Pizza 25 Yogurt 1 & Corn Muffin 36 Cheesy Potatoes 17 Romaine Lettuce Salad Peach Cup 18 After School Snack Cereal Bar 30	12 Breakfast Cinn Chex 46 Strawberry Applesauce 30 Raisels 34 Mozzarella Sticks 31 Cottage Cheese4 Cracker 21 Mixed Vegetables 12 Celery 1 Apple Juice 14 After School Snack Bear Grahams 21 Apple Juice 20	13	14
17 Breakfast Cocoa Puffs 47 Peach Cup 18 Orange Juice 13 Applesauce 13 Hamburger 33 Sunbutter Sandwich 33 crispy cube potatoes 18 Fruit cup Cherry juice 13 After School Snack Chocolate Oatmeal Bar 24	18 Breakfast Lucky Charms 46 Raspberry lemonade 28 Mandarin Orange Cup 17 Chicken Drumstick 5 Corn Muffin 36 Yogurt 1 & Corn Muffin 36 Refried Beans 15 Cherry Tomato 1 Pear Cup 18 After School Snack Grape Juice 28 Churo Crackers 21	19 Breakfast Cinn Chex 46 Strawberry Applesauce 30 Raspberry lemonade 28 Turkey & Gravy 2 Biscuit 24 Cottage Cheese4 Cracker 21 Peas 13 Celery 1 After School Snack Yogurt 15 Berry/Lemon Cracker 21	20 Breakfast Muffin 51 Apple Juice 14 Pear Cup 18 Mini Corn Dogs 37 Little Pizza Snackable 33 Corn 16 Cucumbers 1 Mandarin Orange Cup 17 After School Snack Goldfish 16	21 Breakfast Blueberry chex 46 Juice 15 Mixed Fruit Cup 18 French Bread Cheese 27 Italian Sandwich 37 Green Beans 6 Mini Carrots 4 After School Snack Poptart, Strawberry 37 Apple Juice 20



We are always looking for Food Service Substitutes. Contact Human Resources today!

Milk is offered with all meals

Menus are subject to change

This Institution is an Equal Opportunity Provider

\* Items are a pork product