

# Maryvale Prep Breakfast Menu October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CEREAL BOWL TOAST FRUIT	3 WHOLE GRAIN BAGEL CREAM CHEESE & JELLY FRUIT	4 GRILLED CHEESE FRUIT	5 <b>Early Release Day</b> WARM ENGLISH MUFFIN WITH EGG FRUIT	6 CEREAL MUFFIN FRUIT
9	10	11	12	13
Fall Break- School Closed				
16 CEREAL BOWL TOAST FRUIT	17 WHOLE GRAIN BAGEL CREAM CHEESE & JELLY FRUIT	18 SAUSAGE BREAKFAST BISCUIT FRUIT	19 <b>Early Release Day</b> FLUFFY WAFFLES W/ SYRUP FRUIT	20 FRESH EGG POTATO & CHEESE BURRITO FRUIT
23 CEREAL BOWL GRAHAM CRACKERS FRUIT	24 WHOLE GRAIN POPTART YOGURT FRUIT	25 <b>Early Release Day</b> HAM & CHEESE BAGEL MELT FRUIT	26 <b>Early Release Day</b> EGG & CHORIZO BURRITO FRUIT	27 <b>Early Release Day</b> CEREAL MUFFIN FRUIT
30 CEREAL BOWL TOAST FRUIT	31 WHOLE GRAIN BAGEL CREAM CHEESE & JELLY FRUIT			



Alternative Fruit,  
Skim & 1% Milk  
Offered Daily



"Having Breakfast is the Best Way to  
Start the Day and Prolong Your Life!"

*Menu is subject to change due to product availability*

"This institution is an equal opportunity provider"

# Maryvale Prep Lunch Menu October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 BONELESS BUFFALO CHICKEN WINGS CARROTS & CELERY FRUIT	3 BEAN AND CHEESE NACHOS LETTUCE & TOMATO CUCUMBERS FRUIT	4 BAKED MARINARA BEEF ZITI SALAD MIX & GREEN PEAS FRUIT	5 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	6 BBQ CHICKEN SANDWICH COLESLAW & PICKLES FRUIT
9	10	11	12	13
<b>Fall Break - School Closed</b>				
16 HOT DOG PASTA SALAD W/ HAM CORN & CELERY FRUIT	17 BEEF & BEAN BURRITO LETTUCE & TOMATO FRUIT	18 CHICKEN FRIED RICE W/ STIR FRY VEGGIES CELERY & BROCCOLI FRUIT	19 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	20 COLD CUT SUB GREEN LEAF PICKLES FRUIT
23 CRISPY CHICKEN TENDERS W/ MAC N CHEESE CORN & CELERY FRUIT	24 CRISPY BEEF TACOS W/ SPANISH RICE & BEANS LETTUCE & TOMATO FRUIT	25 <b>Early Release Day</b> CHICKEN FETTUCCINE ALFREDO PASTA W/ BREAD BROCCOLI & CUCUMBERS FRUIT	26 <b>Early Release Day</b> PEPPERONI PIZZA CARROTS & BROCCOLI FRUIT	27 <b>Early Release Day</b> HAMBURGER GREEN LEAF & PICKLES FRUIT
30 TURKEY CORN DOG PASTA SALAD W/ HAM CORN & CARROTS FRUIT	31 STEAK & RICE BURRITO LEETUCE & TOMATO CUCUMBERS FRUIT			



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