

Red= High School Portion  
 ½ cup fruit serving listed

Menu Subject to change  
 due to availability

All Meals Served with Choice of Skim, 1%,  
 or Skim Chocolate Milk

October 2017

Sauk Prairie MS and HS Menu Carbohydrate Count

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks (24)(32) With Syrup (29) Sausage Patty (1) Potato Smiles (20) Broccoli Florets (1) Applesauce (22)	3 Cheeseburger On a Whole Grain Bun (20) Sweet Potato Fries (17) Garden Salad Bar (~2) Pineapple Tidbits (16)	4 Mini Corn Dogs (33) Baked Beans (30) Garden Salad Bar (~2) Pears (14) Banana Snack Cake (~26)	5 Cheese Pizza Round (43) Green Beans (4) Garden Salad Bar (~2) Banana (17)	6 Fish Sandwich (17) Whole Grain Bun (26) Steamed Peas (11) Garden Salad Bar (~2) Red & Green Grapes (14)
9 Super Nachos (3) Corn Tortilla Chips (19) Black Beans (20) Steamed Corn (13) Veggie Toppings (~2) Strawberry Cup (22)	10 Chicken Patty (14) On a Whole Grain Bun (20) Curly Fries (23) Garden Salad Bar (~2) Pineapple (16)	11 Pulled Pork Sandwich On a Hoagie Bun (30) Baked Beans (29) Garden Salad Bar (~2) Orange Wedges (10) Baked Lay's Chips (26)	12 Chicken Poppers (16) Honey Biscuit (32) Garden Salad Bar (~2) Apple (8)	13 Garlic French Bread Pizza (34) With Marinara Sauce (7) Garden Salad Bar (~2) Peaches (12) School Made Pumpkin Bar (36)
16 Banana Bread (44) Cheesy Omelet Seasoned Potatoes (25) Carrots (6) Applesauce (22)	17 Turkey Hot Dog On a Whole Grain Bun (27) Baked Beans (30) Apple Slices (8) School Made Brownie (~18)	18 Pepperoni Pizza (35) Green Beans (4) Garden Salad Bar (~2) Pear Slices (16)	19 Chicken & Gravy over Mashed Potatoes (~10) Dinner Roll (15) Steamed Broccoli (1) Strawberries & Banana Halves (~11)	20 Whole Wheat Pasta (38) With Meatballs (3) & Marinara (14) Bread Stick (15) Garden Salad Bar (~2) Pineapple (16)
23 Yang's BBQ Chicken Teriyaki (6) Steamed Brown Rice (23)(46) Broccoli Florets (1) Cucumber & Radish (1) Peach Slices (12)	24 Beef Taco (4) Shell (21) Assorted Veggie Toppings (~2) Cheesy Pinto Beans (20) Orange Wedges (10)	25 Italian Mozzarella Sticks (31) With Marinara Sauce (7) Garden Salad Bar(~2) Tropical Fruit Mix (~16)	26 No School	27 No School
30 Ham & Cheese On a Pretzel Bun (29) Potato Wedges (20) With Dipping Sauce (1) Garden Salad Bar (~2) Craisins (28)	31 Chicken Noodle Soup (18) Dinner Roll & Crackers (20) Cheddar Cheese Cubes (1) Garden Salad Bar(~2) Pumpkin Sugar Cookie (19) Banana (17)			

**October 2017**  
**Sauk Prairie Elementary Breakfast Menu - Carb Count**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Egg and Cheese Breakfast Burrito (14) Fruit (~5), Juice (14),	Mini Cinnis (37) Fruit (~15), Juice (14)	Sausage Breakfast Pizza (26) Fruit (~15), Juice (14)	Cheery or Apple Frudel (36) Fruit (~15), Juice (14)	Breakfast Sandwich (35) Fruit (~15), Juice (14)

**Cold Breakfast Option**

**See package for carb count details**

*Cereal: Trix (reduced sugar), Golden Grahams, & Apple Cinnamon or Multigrain Cheerios*

**Yogurt or String Cheese**

**Juice & Fruit**

**Milk**

This institution is an equal opportunity provider.