



October 2017

Menu Subject to change
due to availability

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

Sauk Prairie Middle & High School Menu

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|--|---|---|---|--|
| 2 French Toast Sticks Sausage Patty Potato Smiles Broccoli Florets Applesauce | 3 Cheeseburger On a Whole Grain Bun Sweet Potato Fries Garden Salad Bar Pineapple Tidbits | 4 Mini Corn Dogs Baked Beans Garden Salad Bar Pears Banana Snack Cake | 5 Cheese Pizza Round Green Beans Garden Salad Bar Banana | 6 Fish Sandwich Steamed Peas Garden Salad Bar Red & Green Grapes |
| Celebrate National School Lunch Week: October 9-13th | | | | |
| 9 Super Nachos Black Beans Steamed Corn Veggie Toppings Strawberry Cup | 10 Chicken Patty On a Whole Grain Bun Curly Fries Garden Salad Bar Pineapple | 11 Pulled Pork Sandwich On a Hoagie Bun Garden Salad Bar Orange Wedges Baked Lay's Chips | 12 Chicken Poppers Honey Biscuit Garden Salad Bar  Apple Crunch | 13 Garlic French Bread Pizza With Marinara Sauce Garden Salad Bar Peaches Pumpkin Bar |
| 16 Banana Bread Cheesy Omelet Seasoned Diced Potatoes Carrots Applesauce | 17 Turkey Hot Dog On a Whole Grain Bun Baked Beans Apple Slices School Made Brownie | 18 Pepperoni Pizza Green Beans Garden Salad Bar Pear Slices | 19 Chicken & Gravy over Mashed Potatoes Dinner Roll Steamed Broccoli Strawberries & Banana Halves | 20 Whole Wheat Pasta With Meatballs & Marinara Bread Stick Garden Salad Bar Pineapple |
| 23 Yang's BBQ Chicken Teriyaki Steamed Brown Rice Cucumber & Radish Peach Slices | 24 Beef Taco Assorted Veggie Toppings Cheesy Pinto Beans Orange Wedges | 25 Italian Mozzarella Sticks With Marinara Sauce Garden Salad Bar Tropical Fruit Mix | 26 No School | 27 No School |
| 30 Ham & Cheese On a Pretzel Bun Potato Wedges With Dipping Sauce Garden Salad Bar Craisins | 31 Chicken Noodle Soup Dinner Roll & Crackers Cheddar Cheese cubes Garden Salad Bar Pumpkin Sugar Cookie Banana |  Celebrate National Farm to School (F2S) Month with The Great Lakes Apple Crunch! We will be serving locally grown apples from Ski-Hi Fruit Farm in Baraboo at lunch on Thursday, October 12th So we can help meet the ONE MILLION CRUNCH goal! | | |

This institution is an equal opportunity provider.

BREAKFAST MENU →

October 2017

Sauk Prairie Middle & High School Breakfast Menu

Join us for breakfast every morning for healthy, well-balanced options.

Breakfast includes entrée, fruit, juice, and milk.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------------------------------|---|--|---|
| Egg and Cheese Breakfast Burrito Fruit, Juice, Milk | Mini Cinnis Fruit, Juice, Milk | Sausage Breakfast Pizza Fruit, Juice, Milk | Cherry or Apple Frudel Fruit, Juice, Milk | Breakfast Sandwich Fruit, Juice Milk |

Grab & Go Breakfast Available Daily

All served with Fruit, Juice, & Milk

Peanut Butter & Jelly Uncrustables

Bagels, Breakfast Bars, Poptarts, Banana Bread

Cereal Varieties served with string cheese or yogurt

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