

# CANUTE PUBLIC SCHOOLS

P.O. Box 490 - Canute, Oklahoma - 73626 - 580 472-3295

## October 2017

### Breakfast and Lunch Menu

In accordance with federal law & United States Department of Agriculture (USDA) policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

	Monday OCT. 2	Tuesday OCT. 3	Wednesday OCT. 4	Thursday OCT. 5	Friday OCT. 6
week 2	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>
	Cinnamon Toast Yogurt Fruit Juice Milk	Biscuit & Gravy Jelly Fruit Juice Milk	Cereal Biscuit & Jelly Fruit Juice Milk	Breakfast Pizza  Fruit Juice Milk	Waffles Syrup Fruit Juice Milk
	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>
	Frito Chili Pie Cheese Corn Salad Fruit / Milk Dessert	Chicken Quesadilla Tortilla Chips Salsa / Sour Cream Salad Fruit	Pig n' Blanket Baked Beans  Pudding Juice Bar Milk	Chicken Nuggets Mashed Potatoes Gravy / Roll Black eye Peas Fruit	Sloppy Joe's Tater Tots Celery Stick  Fruit Milk
Week 3	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>
	Breakfast Bar Muffin Fruit Juice Milk	Sausage / Egg Biscuit & Jelly Fruit Juice Milk	Bacon & Eggs Cheese / Tortillas Fruit Juice Milk	Cereal Biscuit & Jelly Fruit Juice Milk	Pancakes Syrup Fruit Juice Milk
	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>
	Chicken Spaghetti Garlic Bread Green Beans Salad w/ Tomatoes Fruit / Milk Dessert	Homemade Burrito Spanish Rice Refried Beans Salsa Fruit Milk	Steak Finger Mashed Potatoes Gravy / Roll Carrots Fruit Milk	Baking Potatoes Ham / Cheese Steam Broccoli Sour cream Pudding / Fruit Milk	Hamburger French Fries L/O/T/P  Fruit Milk
Week 4	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>
	Sausage & Gravy Biscuit & Jelly Fruit Juice Milk	Sausage Biscuit & Jelly Fruit Juice Milk	NO - SCHOOL	FALL BREAK NO - SCHOOL	FALL BREAK NO - SCHOOL
	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>
	Grilled Cheese Tomato Soup Celery Fruit Milk Dessert	PB&J'S Chips Pudding Fruit Milk	NO - SCHOOL	FALL BREAK NO - SCHOOL	FALL BREAK NO - SCHOOL
Week 1 Change	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>
	Breakfast Bar Muffin Fruit Juice Milk	Sausage Biscuit & Jelly Fruit Juice Milk	Oatmeal Toast Fruit Juice Milk	Cereal Biscuit & Jelly Fruit Juice Milk	French Toast Stick Syrup Fruit Juice Milk
	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>
	Pizza Corn Salad Fruit Milk	Chicken Fajitas Spanish Rice Refried Beans Salsa / Sour cream Fruit Milk	Ham Cheesy Potatoes Rolls Cartots Fruit Milk	Lasagna Garlic Bread Green Beans  Fruit Milk	Hamburger L/O/T/P French Fries  Fruit Milk
WEEK 2 CHANGE	<b>BREAKFAST MENU</b>	<b>Breakfast Menu</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>	<b>BREAKFAST MENU</b>
	Cinnamon Toast Yogurt Fruit Juice Milk	Sausage & Gravy Biscuit & Jelly Fruit Juice Milk			
	<b>LUNCH MENU</b>	<b>Lunch menu</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>	<b>LUNCH MENU</b>
	Frito Chili Pie Cheese Corn Salad Fruit Milk	Chicken Quesadilla Tortilla Chips Salsa / Sour cream Salad Fruit Milk			

3RD - 12TH GRADE WILL HAVE THE OPTION OF THE FRUIT/VEGETABLE BAR