

CANUTE PUBLIC SCHOOLS

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

October 2018

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. 1	Tuesday Oct. 2	Wednesday Oct. 3	Thursday Oct. 4	Friday Oct. 5
BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
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
LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU
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
Monday Oct. 8	Tuesday Oct. 9	Wednesday Oct. 10	Thursday Oct. 11	Friday Oct. 12
BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
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
LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU
Chicken Spaghetti Garlic Bread Green Beans Salad w/ Tomatoes Fruit / Milk Dessert	Homemade Burrito Spanish Rice Refried Beans Salsa Fruit Milk	Orange Chicken Rice Roll Carrots Fruit Milk	Baking Potatoes Ham / Cheese Steam Broccoli Sour cream Pudding / Fruit Milk	Hamburger French Fries L/O/T/P Fruit Milk
Monday Oct. 15	Tuesday Oct. 16	Wednesday Oct. 17	Thursday Oct. 18	Friday Oct. 19
BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
Sausage & Gravy Biscuit & Jelly Fruit Juice Milk	Sausage Biscuit & Jelly Fruit Juice Milk	NO - SCHOOL	FALL BREAK NO - SCHOOL	FALL BREAK NO - SCHOOL
LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU
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
Monday Oct. 22	Tuesday Oct. 23	Wednesday Oct. 24	Thursday Oct. 25	Friday Oct. 26
BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
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
LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU	LUNCH MENU
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
Monday Oct. 29	Tuesday Oct. 30	Wednesday Oct. 31	Thursday	Friday
BREAKFAST MENU	Breakfast Menu	BREAKFAST MENU	BREAKFAST MENU	BREAKFAST MENU
Cinnamon Toast Yogurt Fruit Juice Milk	Sausage & Gravy Biscuit & Jelly Fruit Juice Milk	Cereal Biscuit & Jelly Fruit Juice Milk		
LUNCH MENU	Lunch menu	LUNCH MENU	LUNCH MENU	LUNCH MENU
Frito Chili Pie Cheese Corn Salad Fruit Milk	Chicken Quesadilla Tortilla Chips Salsa / Sour cream Salad Fruit Milk	Stromboli Baked Beans Pudding Juice Bar Milk		

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