









October 2011

Ashland-Greenwood Hot Lunch

<p style="text-align: right;">3</p> <p>Breakfast: Pancake on stick or Cereal</p> <p>Lunch: Breaded Beef Peaches Mashed Potatoes/Gravy Tea Roll</p>	<p style="text-align: right;">4</p> <p>Breakfast: Sausage/egg/cheese On Biscuit or Cereal</p> <p>Lunch: Crispito w/ cheese Strawberries  Corn Peanut Butter Sandwich</p>	<p style="text-align: right;">5</p> <p>Breakfast: French toast or Cereal</p> <p>Lunch: Spaghetti w/ meatsauce Fruit Cocktail Broccoli w/ Cheese Breadstick</p>	<p style="text-align: right;">6</p> <p>Breakfast: Breakfast Pizza or Cereal</p> <p>Lunch: Shred. BBQ Pork w/ Bun Tropical Fruit Tator Tots Sherbert Cup</p>	<p style="text-align: right;">7</p> <p>Breakfast: Pancakes or Cereal</p> <p>Lunch: Pizza  Warm Apples Steamed Carrots Goldfish Crackers</p>
<p style="text-align: right;">10</p> <p>Breakfast: Pancake on stick or Cereal</p> <p>Lunch: Potatoe Ole'  Orange Biscuit w/ Honey</p>	<p style="text-align: right;">11</p> <p>Breakfast: Sausage/egg/cheese or Cereal</p> <p>Lunch: Sliced Turkey Roll-up Applesauce Shredded Lettuce Animal Crackers</p>	<p style="text-align: right;">12</p> <p>Breakfast: French toast or Cereal</p> <p>Lunch: Chicken Alfredo Fruit Cocktail California Blend Bread & Butter Sandwich</p>	<p style="text-align: right;">13</p> <p>Breakfast: Breakfast Pizza or Cereal </p> <p>Lunch: Ham/Egg/Cheese on Biscuit Grapes TriTator Go gurt</p>	<p>No School</p>
<p style="text-align: right;">17</p> <p>Breakfast: Pancake on stick or Cereal</p> <p>Lunch: Grilled Chicken on Bun Apple Corn Chocolate Chip Cookie</p>	<p style="text-align: right;">18</p> <p>Breakfast: Sausage/egg/cheese or Cereal</p> <p>Lunch: Mac-n-Cheese PBJ Sandwich Baby Carrots Juice Cup</p>	<p style="text-align: right;">19</p> <p>Breakfast: French toast or Cereal</p> <p>Lunch:  Taco w/ Cheese Shredded Lettuce Mandarin Oranges Churro</p>	<p style="text-align: right;">20</p> <p>Breakfast: Breakfast Pizza or Cereal</p> <p>Lunch: Elem: Meatballs w/ Tea Roll MSHS: Meatball Sub Fruit Cocktail Peas</p>	<p>No School</p>
<p style="text-align: right;">24</p> <p>Breakfast: Pancake on stick or Cereal</p> <p>Lunch: Chicken Parmesan Peas Kiwi Bread & Butter Sandwich</p>	<p style="text-align: right;">25</p> <p>Breakfast: Sausage/egg/cheese or Cereal</p> <p>Lunch: Cream Chicken Gravy over a Biscuit Pineapple Green Beans Pudding Cup</p>	<p style="text-align: right;">26</p> <p>Breakfast: French toast or Cereal</p> <p>Lunch:  Hamburger on Bun French Fries Pears Pickle</p>	<p style="text-align: right;">27</p> <p>Breakfast: Breakfast Pizza or Cereal</p> <p>Lunch: Tomato Soup Toasted Cheese Sandwich Tropical Fruit Broccoli Crackers</p>	<p style="text-align: right;">28</p> <p>Breakfast:  Pancakes or Cereal</p> <p>Lunch: Elem: Chicken Tenders MSHS: Spicy Chicken Tenders Corn, Applesauce Tea Roll</p>
<p style="text-align: right;">31</p> <p>Breakfast: Pancake on stick or Cereal</p> <p>Lunch: Hot Dog on Bun  Orange Carrots Cookie HAPPY HALLOWEEN!</p>				

Meal Prices in Effect for 2011-2012

Breakfast: Elementary & MS/HS - \$1.20
Visitor - \$2.15

Lunch: Elementary - \$2.05
MS/HS - \$2.25
Visitor - \$3.25

Milk .40 cents Juice .40 cents

*******MILK IS SERVED WITH ALL MEALS*******

Juice is 100% Vitamin C
Bread is Whole Grain or Wheat

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