


ISD #2 Breakfast Menu October 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 E-LEARNING DAY	3 CEREAL BAR	4 BREAKFAST PIZZA	5 OATMEAL, CEREAL, GRAHAMS	6 CINNAMON ROLL, YOGURT	7
8 Fruit, Juice and Milk served Daily	9 MUFFINS, CHEESE STICK	10 STRAWBERRY BAGEL	11 FRENCH TOAST, SAUSAGE LINK	12 OATMEAL, CEREAL, GRAHAM	13 CINNAMON ROLL, CHEESE STICK	14 <u>Offer-vs-Serve</u> Build a healthy Meal. Select a full or 1/2 serving of
15	16 NUTRIGRAIN BAR, CHEESE STICK	17 CEREAL BAR	18 CINNAMON ROLL, YOGURT	19 NO SCHOOL	20 NO SCHOOL	fruit or veggie & a minimum of 2 other full meal components
22 Menu subject to change at anytime	23 APPLE FRUDEL	24 OATMEAL, CEREAL, GRAHAM	25 BREAKFAST PIZZA	26 CEREAL BAR	27 CINNAMON ROLL, YOGURT	5 meal compo- nents are offered daily. Students must select a
29	30 CINNOMON MINI BAGEL	31 MUFFINS, CHEESE STICK				One of the components must be a fruit or veggie.

ISD #2 Lunch Menu October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Offer-vs-Serve</u> Build a healthy Meal. Select a full or 1/2 serving of	2 E-LAEARNING DAY	3 Chicken Strips, Tater Tots, Corn, Apple	4 Beef Gravy, Mashed Potatoes, Corn, Roll	5 Sloppy Joes, French Fries, Veggies & Ranch Apple, Peaches	6 Pepperoni Pizza, Salad Bar	
fruit or veggie & a minimum of 2 other full meal components.	9 French Bread Pizza, Marinara Sauce, Green Beans, Orange	10 Chicken Wild Rice Soup, Turkey & Cheese Sandwich, Veggies & Dip, Peaches, Orange	11 Spaghetti w/ Meat Sauce, Beans, Garlic Toast, Carrots	12 The Great Apple Crunch at Lunch! Unbreaded Chicken, LTO, Bun, Peas	13 Turkey ala King, Buscuit, Veggies, Kiwi, Pineapple	14 Fruit & Milk Served Daily with Lunch
4 meal compo- nents are offered daily. Students must select a	16 Chicken Tacos w/ Fixings, Corn Salsa, Black Beans, Pineapple	17 Chili, Corn Bread, Peppers & Ranch, Apple	18 Hot Dogs, Brats, Baked Beans, Potato Salad, Milk, Oranges	19 NO SCHOOL	20 NO SCHOOL	21
One of the components must be a fruit or veggie.	23 Chicken Poppers Mashed Potato, Gravy, Corn, Roll, Peaches	24 Lasagna Rolls w/ Sauce & Cheese, Salad Bar, Garlic Bread	25 Tomato Soup, Grilled Cheese , Veggies & Ranch, Pears, Apples	26 FARM 2 SCHOOL	27 Cheese Burger, Fries, Green Beans, Peaches, Orange	Menu subject to change at anytime
29	30 Breaded Chicken Sandwich w/ Bun L,T,O, Sweet Potato Tots, Peppers&Ranch	31 Stuffed Crust Pizza, Veggies & Dip, Pineapple, Kiwi				

This institution is an equal opportunity provider.

For the Full Non-Discrimination statement see: <http://education.state.mn.us/MDE/SchSup/FNS/CivilRight/048413>