

Oct 2017

# SOUTHGATE CAFETERIA MENU

We have free breakfast and lunch for all Southgate Students

\* Menu is subject to change without prior notice\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BOSCO STICKS MARINARA TOMATO/CAULIFLOWER BROCCOLI DIP SLICED PEARS FRESH FRUIT CHOICE OF MILK	3 HOT HAM & CHEESE OR TURKEY SUBS LETTUCE/TOMATO BAKED BEANS BAKED LAYS GRAPES MANDRINE ORANGES CHOICE OF MILK	4 FIESTADA CORN SALAD/TOMATOES PINEAPPLE RINGS APPLES CHOICE OF MILK	5 BBQ ON WHOLE WHEAT BUN COLE SLAW CAULIFLOWER/CARROTS/ CUCUMBER AND DIP BANANA SLICED PEACHES MILK CHOICE	6 MEATY CHEESY NACHOS CORN SIDE SALAD W/ DRESSING APPLESAUCE FRESH ORANGE MILK CHOICE
9 BREADED CHICKEN SANDWICH BROCCOLI AND CHEESE PEPPER STRIPS/CARROTS/DIP SLICED PEACHES FRESH FRUIT CHOICE OF MILK	10 CHICKEN FAJITAS LETTUCE/TOMATO/SALSA/ REFRIED BEANS GRAPES MANDRINE ORANGES CHOICE OF MILK	11 No School	12 No School	13 No School
16 FRENCH TOAST SAUSAGE LINKS HASHBROWNS PEPPER STRIPS/BABY CARROTS/ DIP PINEAPPLE RINGS APPLES CHOICE OF MILK	17 CHICKEN NUGGETS/ROLL BROCCOLI AND CHEESE CAULIFLOWER/CARROTS/ CUCUMBER AND DIP SLICED PEACHES FRESH FRUIT CHOICE OF MILK	18 HOT DOG ON WG BUN BAKED BEANS BAKED CHIPS BROCCOLI, TOMATO, & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE CHOICE OF MILK	FISH SHAPES MAC AND CHEESE TOMATO/CARROTS/BROCCOLI DIP SLICED PEARS FRESH FRUIT CHOICE OF MILK	20 PEPPERONI PIZZA CHEESE PIZZA MARINARA SAUCE SIDE SALAD W/DRESSING PEPPER SLICES & BABY CARROTS CUP W/DIP GRAPES MANDARIN ORANGES CHOICE OF MILK
23 CHICKEN RINGS W/ROLL SWEET POTATO FRIES GREEN BEANS PINEAPPLE RINGS APPLES CHOICE OF MILK	24 CHEESEBURGER/HAMBURGER TATER TOTS CAULIFLOWER, BABY CARROTS, CUCUMBERS CUP W/DIP BANANA SLICED PEACHES CHOICE OF MILK	25 MINI CORN DOGS BAKED BEANS BROCCOLI, TOMATO & CUCUMBER CUP W/DIP APPLESAUCE FRESH ORANGE CHOICE OF MILK	26 BOSCO STICKS MARINARA TOMATO/CAULIFLOWER BROCCOLI DIP SLICED PEARS FRESH FRUIT CHOICE OF MILK	27 HOT HAM & CHEESE OR TURKEY SUBS LETTUCE/TOMATO BAKED BEANS BAKED LAYS GRAPES MANDRINE ORANGES CHOICE OF MILK
30 FIESTADA CORN SALAD/TOMATOES PINEAPPLE RINGS APPLES CHOICE OF MILK	31 BBQ ON WHOLE WHEAT BUN COLE SLAW CAULIFLOWER/CARROTS/ CUCUMBER AND DIP BANANA SLICED PEACHES CHOICE OF MILK			

## WEEKLY BREAKFAST MENU

Monday SAUSAGE GRAVY / BISCUIT FRUIT/MILK / O.J.	Tuesday BREAKFAST PIZZA FRUIT/MILK / O.J.	Wednesday FRENCH TOAST FRUIT/MILK / O.J.	Thursday WHOLE GRAIN CINNIMINI FRUIT/MILK / O.J.	Friday BREAKFAST BAGEL FRUIT/MILK / O.J.
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\*DAILY BREAKFAST OPTIONS: CEREAL AND TOAST, BAGEL AND CREAM CHEESE, ANIMAL CRACKERS AND YOGURT, POPTART, GLAZED DONUTS

\*DAILY LUNCH OPTIONS: YOGURT, GRANOLA, STRING CHEESE, GOLDFISH OR UNCRUSTABLE, STRING CHEESE GOLDFISH