

Cordova School lunch menu

PROUDLY BROUGHT TO *The Cordova Times* BY



October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All students must have AT LEAST 1/2 cup fruits or vegetables with each meal				
BREAKFAST 1 French Toast/Sausage/ Fruit/Milk LUNCH Chicken and gravy over mashed potatoes or Italian Sub/Steamed Broccoli/Fruit & Veggie Bar/Milk	BREAKFAST 2 Cheese Omelet/Hash brown stiCK/toast/ Fruit/ Milk LUNCH Cheeseburger Mac or Italian Sub/Rice/Fruit & Veggie Bar/ Milk	BREAKFAST 3 Bagel/cream cheese/ Yogurt/Fruit/Milk LUNCH Pizza or Turkey Ranch Wrap/Tossed Salad/Fruit & Veggie Bar/ Dessert / Milk	BREAKFAST 4 Biscuits & Gravy Fruit/Milk LUNCH Baked Lasagna or Ham and Cheese Sandwich/ Garlic Bread/Fruit and Veggie Bar/Milk	BREAKFAST 5 Cereal and Yogurt/Juice Fruit/Milk LUNCH Fillet of Fish Sandwich(like McDonalds) or Italian Sub/French Fries/Fruit & Veggie Bar/ Milk
8 No School	BREAKFAST 9 Scrambled Eggs/Ham/ Hash brown stick/Fruit/ Milk LUNCH Mandarin Chicken or Turkey Sub /Steamed Broccoli/F&V Bar/Milk	BREAKFAST 10 Cinnamon Roll/Yogurt Fruit/Milk LUNCH Pizza or Turkey sub/ Tossed Salad/Fruit & Veggie Bar/Dessert/Milk	BREAKFAST 11 Biscuits & Gravy Fruit/Milk LUNCH Crispy Salmon Fingers or Turkey Sub/Brown Rice/F&V bar/Milk	BREAKFAST 12 Cereal, yogurt, fruit juice & milk LUNCH Chicken Burger or Turkey Sub/Tater Tots/ Fruit and veggie Bar/Milk
BREAKFAST 15 Waffles/Ham/Fruit & Milk LUNCH Beef/ Bean and cheese Burrito or Turkey Ranch Wrap Rice/Fruit and Veggie Bar/Milk	BREAKFAST 16 Breakfast Pizza/Fruit/ Milk LUNCH Pigs in a blanket or Turkey Ranch Wrap/ Fruit & Veggie Bar/Milk	BREAKFAST 17 Bagel/cream cheese Yogurt/Fruit/Milk LUNCH Pizza orTurkey Ranch Wrap/Tossed Salad/Fruit & Veggie Bar/Dessert/ Fruit /Milk	BREAKFAST 18 Biscuits & Gravy Fruit/Milk LUNCH Spaghetti and Meatballs or Turkey Ranch Wrap Garlic Bread/F&V Bar/ Milk	BREAKFAST 19 Cereal and Yogurt/Juice Fruit/Milk LUNCH Hamburger or Turkey Ranch Wrap/French Fries/ Fruit & Veggie Bar/ Milk
BREAKFAST 22 French Toast/Sausage/ Yogurt/Fruit/Milk LUNCH Chicken Quesadilla's or Tuna Sandwich/Refried Beans/Fruit &Veggie Bar/ Milk	BREAKFAST 23 Pancakes/Fruit/Milk LUNCH Chicken Nuggets or Tuna Sandwich/ Mac and Cheese/Fruit & Veggie Bar/ Milk	BREAKFAST 24 Cinnamon Roll/Yogurt Fruit/Milk LUNCH Pizza or Tuna sandwich/Tossed Salad/ Fruit & Veggie BarDessert/Milk	25 In-Service No School	26 In-Service No School
BREAKFAST 29 French Toast/Sausage/ Fruit/Milk LUNCH Chicken Stirfry or Italian Sub/Steamed Broccoli/ Fried Rice/Fruit & Veggie Bar/Milk	BREAKFAST 30 Cheese Omelet/Hash brown stick/toast/ Fruit/ Milk LUNCH Soft Beef Taco or Italian Sub/Rice/Fruit & Veggie Bar/ Milk	BREAKFAST 31 Witches Bread/Scream Cheese/Batgurt/FruitMilk LUNCH GraveyardPizza or Frankenstein Sub/ Swamp Grass/Goblin Bar/ Bat Milk		*TRANSLATION* BREAKFAST 31 Bagel/cream cheese/ Yogurt/Fruit/Milk LUNCH Pizza or Italian Sub/ Tossed Salad/Fruit & Veggie Bar/ Dessert /Milk

Adults can eat at both campuses, please contact school office to let them know you are coming by 9:30 am.
Adult/Visitor Lunch \$5.50 Breakfast \$3

TRIBES Agreements - Mutual Respect, Attentive Listening, Appreciation/No Put Downs, Right to Pass
Check out our Mt. Eccles Elementary & Cordova Jr. /Sr. High School Facebook pages at the Cordova School District web site -
<http://www.cordovasd.org/Domain/9>

Cordova School District is an Equal Opportunity Provider and Employer