

OCTOBER 2018

TWIN VALLEY MIDDLE / HIGH SCHOOL.

M O N	T U E	W E D	T H U	F R I
1 <u>Breakfst Burrito</u> Roast Pork Loin Mashed Potato W.G. Dinner Roll	2 <u>Brkfst Sndwch</u> Hot Dogs with WG Bun, Sweet Potato F.F.	3 <u>French Toast</u> Chicken and Biscuit	4 <u>Yogurt Parfait</u> Meatball Grinder Sauté Broccoli	5 <u>Breakfst Burrito</u> Chicken Egg Roll Fried Rice
8 No School	9 <u>Brkfst Sandwich</u> 1/2 Day Teacher In Service	10 <u>French Toast</u> Pulled Pork Sandwich Green Beans	11 <u>Yogurt Parfait</u> Kielbasa Roast Potato Seared Cabbage	12 <u>Breakfst Burrito</u> Pasta with Meat Sauce, Broccoli
15 <u>Breakfst Burrito</u> Pesto Pasta with Chicken & Broccoli	16 <u>Brkfst Sandwich</u> Cheeseburgers Baked Beans	17 <u>French Toast</u> Chicken Lo Mein Fortune Cookie	18 <u>Yogurt Parfait</u> Beef Quesadilla Rice, Corn	19 <u>Breakfst Burrito</u> Chicken Tenders Glazed Carrots
22 <u>Breakfst Burrito</u> Chicken Parmesan Pasta Butternut Squash	23 <u>Brkfst Sandwich</u> Beef Taco Rice, Refried Beans	24 <u>French Toast</u> Ravioli with Meat Sauce Roast Cauliflower	25 <u>Yogurt Parfait</u> Breakfast for Lunch	26 <u>Breakfst Burrito</u> Macaroni & Cheese Peas
29 <u>Breakfst Burrito</u> BBQ Chicken Baked Potato	30 <u>Brkfst Sandwich</u> Grilled Ham & Cheese, Tomato Soup	31 <u>French Toast</u> Cheese Nacho's Beef Chili Refried Beans		

CAFE MENU

Prices

Breakfast \$2.00
Adults \$2.50
Lunch \$3.00
Adults \$4.00

Our menu continues to evolve. We are trying new items while keeping the student's favorite's available. This year, if popular, we will offer a vegetarian option everyday. In addition to the calendar of special choices we will also have available everyday Pizza, Baked Chicken Sandwiches, Sandwich Wraps, Grinders, P.B. & J's and chef salads. To go along with these 9 main entree choices we will have ten different fruit and vegetable selections EVERYDAY. Menu subject to change This institution is an equal opportunity provider