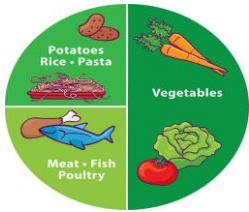


October Breakfast 2016

**ASSEMBLY 'S
CAFETERIA
BREAKFAST
PROVIDES YOU
WITH
MORE FRUITS**



MAKE SURE YOU EAT ALL YOUR FRUIT FOR BREAKFAST!!!

**Breakfast Prices October 20 Days
Full Pay- \$1.80 x 20 = \$36.00
Reduced .30 x 20 = \$6.00**


Start your Day Off With a Good Breakfast

Mozzarella Cheese Stick When Available

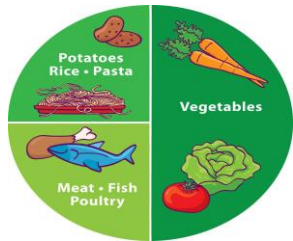
MENU'S ARE SUBJECT TO CHANGE

Condiments Available Daily:

Syrup
Jelly

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Egg Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast on Stick Mixed Fruits Choice of Juice Choice of Milk
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Waffles Egg Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Ham Patty Jelly Diced Pears Choice of Juice Choice of Milk	NO SCHOOL 
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Egg Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG Pancakes Ham Patty Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Sausage Patty Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast Burrito Mixed Fruits Choice of Juice Choice of Milk
MONDAY 23	TUESDAY 24	WEDNESDAY 27	THURSDAY 26	FRIDAY 27
WG Assorted Cereal WW Toast Jelly Apple Sauce Choice of Juice Choice of Milk	Biscuit Ham Patty Jelly Fresh Fruit Choice of Juice Choice of Milk	WG WG Waffles Syrup Sliced Peaches Choice of Juice Choice of Milk	Grits WW Toast Egg Patty Jelly Diced Pears Choice of Juice Choice of Milk	Breakfast Pizza Mixed Fruits Choice of Juice Choice of Milk
MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY
WG Assorted Cereal WW Toast Apple Sauce Choice of Juice Choice of Milk	Biscuit Sausage Patty Jelly Fresh Fruit Choice of Juice Choice of Milk			

**Assembly Christian's
Cafeteria Lunches
Provide You With
More Healthier Choices**



**Lunch Prices October 20 Days
Full Pay \$2.60 x 20 = \$52.00
Reduced .40 x 20 = \$8.00**

LET'S SEE HOW MANY DIFFERENT COLOR VEGETABLES YOU CAN EAT PER DAY!!!!

Our Salads are a combination of Spinach Spring Mix (Green & Red Lettuces), Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots

We offer Baby Carrots everyday
Our Stack of Trim is Spinach, Tomatoes, & Pickle Slices

The Grains we serve At Lunch are Whole Wheat/Whole Grain.


YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

We serve Fruits Daily
Also 100% Fruit Juices

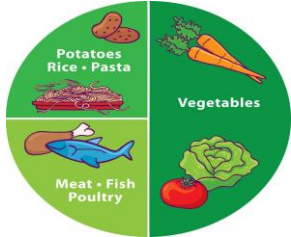
Condiments Available Daily:
Ranch Fat Free, Regular, Italian
Ketchup, Mustard, B.B. Que Sauce
Mayonnaise : Fat Free or Regular

MENU'S ARE SUBJECT TO CHANGE

OCTOBER LUNCH 2017 - PK - 8TH GRADES

MONDAY 2 Hamburger Steak Mashed Potatoes w/ Gravy Peas & Carrots Green Leafy Salad Peaches W W Dinner Rolls Choice of Milk	TUESDAY 3 Red Beans Sausage Brown Rice Cole Slaw Apple Crisp Cornbread Choice of Milk	WEDNESDAY 4 Turkey Hot Dog WW Bun/ Chili Potatoes Green Leafy Salad Mixed Fruits WW Dinner Roll Choice of Milk	THURSDAY 5 Chicken & Sausage Gumbo/ Brown Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Milk	FRIDAY 6 E B M Pizza Corn Green Leafy Salad Apple Sauce W G Cookie Choice of Milk
MONDAY 9 Chicken Nugget Broccoli W/ Cheese Green Leafy Salad Peaches WW Dinner Roll Choice of Milk	TUESDAY 10 Pig In Blanket Potatoes Green Leafy Salad Apple Sauce Choice of Milk	WEDNESDAY 11 B.B. Que Riblet WW Bun Potatoes Stack of Trim Fruit Mixed Choice of Milk	THURSDAY 12 WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Milk	FRIDAY 13 NO SCHOOL 
MONDAY 16 Turkey Taco W W Soft/Bowl Corn Lettuce/Tomato Cheese Cup Peaches Choice of Milk	TUESDAY 17 Pork Stew Brown Rice White Beans Green Leafy Salad Apple Sauce Choice of Milk	WEDNESDAY 18 Breaded Chicken WW Bun Potatoes Stack of Trim Fruit Jello Choice of Milk	THURSDAY 19 Spaghetti Meat Sauce W/ Elbow Noodles Green Beans Green Leafy Salad Pears WW Dinner Roll Choice of Milk	FRIDAY 20 Beef Pizza Corn Green Leafy Salad Peaches W G Cookie Choice of Milk
MONDAY 23 Chicken Tenders Macaroni & Cheese Green Beans Green Leafy Salad Peaches WW Dinner Roll Choice of Milk	TUESDAY 24 Ground Beef & Potato Stew Rice - Corn Green Leafy Salad Apple Crisp WW Dinner Roll Choice of Milk	WEDNESDAY 25 Cheese Burger WW Bun Potatoes Stack of Trim Mixed Fruits Choice of Milk	THURSDAY 26 Chili W/Beans Green Leafy Salad Pears Corn Bread Crackers Choice of Milk	FRIDAY 27 Pepperoni Pizza Corn Green Leafy Salad Mixed Fruit W G Cookie Choice of Milk
MONDAY 30 Chicken Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Peaches WW Dinner Roll Choice of Milk	TUESDAY 31 Shrimp Stew Brown Rice Sweet Peas Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Milk	WEDNESDAY	THURSDAY	FRIDAY

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YOU ALSO HAVE A VARIETY OF MEATS SERVED EACH WEEK.

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 Also 100% Fruit Juices

Condiments Available Daily:
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 Ketchup, Mustard, B.B. Que Sauce
 Mayonnaise : Fat Free or Regular

MENU'S ARE SUBJECT TO CHANGE

OCTOBER LUNCH 2017 - 9 - 12TH GRADES

MONDAY 2 Hamburger Steak Mashed Potatoes w/ Gravy Peas & Carrots Green Leafy Salad Peaches W W Dinner Rolls Choice of Milk	TUESDAY 3 Red Beans Sausage Brown Rice Cole Slaw Apple Crisp Cornbread Choice of Milk	WEDNESDAY 4 Turkey Hot Dog WW Bun/ Chili Potatoes Green Leafy Salad Orange Juice Cup WW Dinner Roll Choice of Juice Choice of Milk	THURSDAY 5 Chicken & Sausage Gumbo/ Brown Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	FRIDAY 6 E B M Pizza Corn Green Leafy Salad Apple Sauce W G Cookie Choice of Juice Choice of Milk
MONDAY 9 7-12th RETREAT Choice of Milk	TUESDAY 10 7-12th RETREAT Choice of Milk	WEDNESDAY 11 B.B. Que Riblet WW Bun Potatoes Stack of Trim Fruit Mixed Choice of Juice Choice of Milk	THURSDAY 12 WW Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Pears Cinnamon Roll Choice of Juice Choice of Milk	FRIDAY 13 NO SCHOOL 
MONDAY 16 Turkey Taco W W Soft/Bowl Corn Lettuce/Tomato Cheese Cup Peaches Choice of Juice Choice of Milk	TUESDAY 17 Pork Stew Brown Rice White Beans Green Leafy Salad Apple Sauce Cornbread Choice of Juice Choice of Milk	WEDNESDAY 18 Breaded Chicken WW Bun Potatoes Stack of Trim Fruit Jello Choice of Juice Choice of Milk	THURSDAY 19 Spaghetti Meat Sauce W/ Elbow Noodles Green Beans Green Leafy Salad Pears WW Dinner Roll Choice of Juice Choice of Milk	FRIDAY 20 Beef Pizza Corn Green Leafy Salad Peaches W G Cookie Choice of Juice Choice of Milk
MONDAY 23 Chicken Tenders Macaroni & Cheese Green Beans Green Leafy Salad Peaches WW Dinner Roll Choice of Juice Choice of Milk	TUESDAY 24 Ground Beef & Potato Stew Rice - Corn Green Leafy Salad Apple Crisp WW Dinner Roll Choice of Juice Choice of Milk	WEDNESDAY 25 Cheese Burger WW Bun Potatoes Stack of Trim Mixed Fruits Choice of Juice Choice of Milk	THURSDAY 26 Chili W/Beans Green Leafy Salad Pears Corn Bread Crackers Choice of Juice Choice of Milk	FRIDAY 27 Pepperoni Pizza Corn Green Leafy Salad Mixed Fruit W G Cookie Choice of Juice Choice of Milk
MONDAY 30 Chicken Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Peaches WW Dinner Roll Choice of Juice Choice of Milk	TUESDAY 31 Shrimp Stew Brown Rice Sweet Peas Green Leafy Salad Apple Sauce WW Dinner Roll Choice of Juice Choice of Milk	WEDNESDAY	THURSDAY	FRIDAY