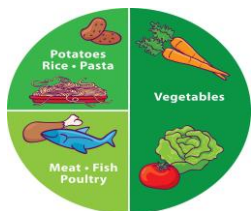


**ASSEMBLY 'S  
CAFETERIA  
BREAKFAST  
PROVIDES YOU  
WITH  
MORE FRUITS**



**MAKE SURE YOU EAT ALL YOUR FRUITS FOR BREAKFAST!!!**

**Breakfast Prices October 22 Days**

**Full Pay- \$1.90 x 22 = \$41.80**

**Reduced .30 x 22 = \$6.60**


**Start your Day Off With a Good Breakfast**

**MENU'S ARE SUBJECT TO CHANGE**

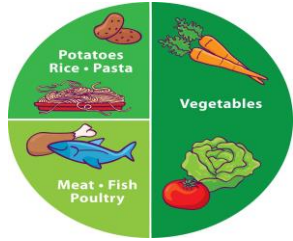
**Condiments Available Daily:**

Syrup  
Jelly

# October Breakfast 2018

MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5
Assorted Cereal WW Toast Jelly Apple Sauce  Choice of Juice Choice of Milk	Biscuit Bacon Jelly Fresh Fruit  Choice of Juice Choice of Milk	Pancakes Ham Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits WW Sausage Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
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 Peaches  Choice of Juice Choice of Milk	Grits Toast Ham Patty Jelly Pears Choice of Juice Choice of Milk	
MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
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	Grits WW Toast Bacon Jelly Pears Choice of Juice Choice of Milk	Assorted Cereal WW Toast Jelly Peaches  Choice of Juice Choice of Milk	Breakfast Burrito  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
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	Waffles Sausage Patty Syrup Peaches  Choice of Juice Choice of Milk	Grits Toast Egg Patty Jelly Pears Choice of Juice Choice of Milk	Breakfast Pizza  Mixed Fruits  Choice of Juice Choice of Milk
MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY	FRIDAY
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	Pancakes Bacon Syrup Peaches  Choice of Juice Choice of Milk		

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



**Lunch Prices October 22 Days  
Full Pay \$2.90 x 22 = \$59.40  
Reduced .40 x 22 = \$8.80**

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

Our Salads are a combination of Spinach Romaine, Iceberg, Tomatoes, Cucumbers, Purple Cabbage & Carrots


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

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

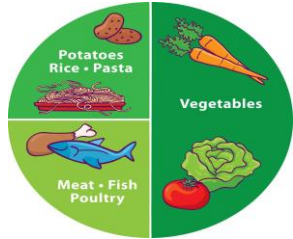
**MENU'S ARE SUBJECT TO CHANGE**

# OCTOBER LUNCH 2018 - PK - 8TH GRADES

<b>MONDAY 1</b> Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 2</b> Pork Stew Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll  Choice of Milk	<b>WEDNESDAY 3</b> Turkey Hot Dog Bun/ Chili Potatoes Cucumbers/Tomatoes Mixed Fruits Cheese  Choice of Milk	<b>THURSDAY 4</b> Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll  Choice of Milk	<b>FRIDAY 5</b> Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
<b>MONDAY 8</b> Salisbury Steak W/Gravy Mashed Potatoes Green Leafy Salad Sliced Peaches Dinner Rol  Choice of Milk	<b>TUESDAY 9</b> Chicken Stew Rice Corn Green Leafy Salad Apple Crisp  Choice of Milk	<b>WEDNESDAY 10</b> Hamburger Bun Potatoes Stack of Trim Mixed Fruits  Choice of Milk	<b>THURSDAY 11</b> Beef Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk	<b>FRIDAY 12</b> NO SCHOOL  
<b>MONDAY 15</b> Taco's Corn Lettuce/Tomatoes Shredded Cheese Sour Cream Apple Crisp  Choice of Milk	<b>TUESDAY 16</b> Red Beans Sausage Rice Cole Slaw Peaches Cornbread  Choice of Milk	<b>WEDNESDAY 17</b> Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Mixed Fruits Cinnamon Roll  Choice of Milk	<b>THURSDAY 18</b> B. B. Que Riblet Bun Potatoes Stack of Trim Pears  Choice of Milk	<b>FRIDAY 19</b> Cheese Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie  Choice of Milk
<b>MONDAY 22</b> Chicken Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 23</b> Beef Stew Rice Green Beans Green Leafy Salad Apple Sauce Dinner Roll  Choice of Milk	<b>WEDNESDAY 24</b> Hamburger Bun Potatoes Stack of Trim Mixed Fruit  Choice of Milk	<b>THURSDAY 25</b> Chili W/Beans Green Leafy Salad Shredded Cheese Sour Cream Pears Cornbread  Choice of Milk	<b>FRIDAY 26</b> Beef Pizza Corn Green Leafy Salad October Birthdays Cake  Choice of Milk
<b>MONDAY 29</b> Chicken Tenders Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll  Choice of Milk	<b>TUESDAY 30</b> Meatball Stew Rice White Beans Green Leafy Salad Dinner Roll Apple Sauce  Choice of Milk	<b>WEDNESDAY 31</b> Pig In Blanket Bun Potatoes Cucumber/Tomatoes Fruit Mix  Choice of Milk	<b>THURSDAY</b>	<b>FRIDAY</b>

# OCTOBER LUNCH 2018 - 9 - 12 GRADES

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



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Reduced .40 x 22 = \$8.80

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


Our Salads are a combination of Spinach  
Romaine, Iceberg, Tomatoes,  
Cucumbers, Purple Cabbage & Carrots

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

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**

<b>MONDAY 1</b> Chicken Nugget Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	<b>TUESDAY 2</b> Pork Stew Rice White Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Juice Choice of Milk	<b>WEDNESDAY 3</b> Turkey Hot Dog Bun/ Chili Potatoes Cucumbers/Tomatoes Mixed Fruits Cheese Choice of Juice Choice of Milk	<b>THURSDAY 4</b> Chicken & Sausage Gumbo/ Rice Green Beans Green Leafy Salad Pears Dinner Roll Choice of Juice Choice of Milk	<b>FRIDAY 5</b> Pepperoni Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk
<b>MONDAY 8</b> Salisbury Steak W/Gravy Mashed Potatoes Green Leafy Salad Sliced Peaches Dinner Rol Choice of Juice Choice of Milk	<b>TUESDAY 9</b> Chicken Stew Rice Corn Green Leafy Salad Apple Crisp Choice of Juice Choice of Milk	<b>WEDNESDAY 10</b> Hamburger Bun Potatoes Stack of Trim Mixed Fruits Choice of Juice Choice of Milk	<b>THURSDAY 11</b> Beef Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk	<b>FRIDAY 12</b> NO SCHOOL 
<b>MONDAY 15</b> Taco's Corn Lettuce/Tomatoes Shredded Cheese Sour Cream Apple Crisp Choice of Juice Choice of Milk	<b>TUESDAY 16</b> Red Beans Sausage Rice Cole Slaw Peaches Cornbread Choice of Juice Choice of Milk	<b>WEDNESDAY 17</b> Spaghetti Beef Meat Sauce Green Beans Green Leafy Salad Mixed Fruits Cinnamon Roll Choice of Juice Choice of Milk	<b>THURSDAY 18</b> B. B. Que Riblet Bun Potatoes Stack of Trim Pears Choice of Juice Choice of Milk	<b>FRIDAY 19</b> Beef Pizza Corn Green Leafy Salad Pineapple Tidbits Cookie Choice of Juice Choice of Milk
<b>MONDAY 22</b> Chicken Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	<b>TUESDAY 23</b> Beef Stew Rice Green Beans Green Leafy Salad Apple Sauce Dinner Roll Choice of Juice Choice of Milk	<b>WEDNESDAY 24</b> Hamburger Bun Potatoes Stack of Trim Mixed Fruit Choice of Juice Choice of Milk	<b>THURSDAY 25</b> Chili W/Beans Green Leafy Salad Shredded Cheese Sour Cream Pears Cornbread Choice of Juice Choice of Milk	<b>FRIDAY 26</b> EMB Pizza Corn Green Leafy Salad Pineapple Tidbits October Birthdays Cake Choice of Juice Choice of Milk
<b>MONDAY 29</b> Chicken Tenders Macaroni & Cheese Carrots & Peas Green Leafy Salad Sliced Peaches Dinner Roll Choice of Juice Choice of Milk	<b>TUESDAY 30</b> Meatball Stew Rice White Beans Green Leafy Salad Dinner Roll Apple Sauce Choice of Juice Choice of Milk	<b>WEDNESDAY 31</b> Pig In Blanket Bun Potatoes Cucumber/Tomatoes Fruit Mix Choice of Juice Choice of Milk	<b>THURSDAY</b>	<b>FRIDAY</b>