

GREAT OAKS CAREER CAMPUSES

BREAKFAST

DAILY BREAKFAST ENTREES MAY INCLUDE: Cold Cereals, Cereal Bars, Bagels & Cream Cheese,

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Sausage & Cheese Biscuit	Breakfast Pizza	Mini Pancakes	Egg & Cheese Bosco stick	French Toast Sticks

Breakfast Meal Deal

Entrée Choice
Fruit or Fruit Juice
Low-Fat or Fat Free Milk (8 oz.)
\$1.25

OCTOBER 2019

*All Bread Products are
"WHOLE GRAIN RICH"*

Lunch Meal Deal

Entrée Choice (bread & protein)
Fruit Choice
Vegetable Choice
Low-Fat or Fat Free Milk (8 oz.)
\$2.90

DELI/SUB STATION

IN PLACE OF MAIN ENTRÉE
CHOOSE
A
COLD DELI SUB
OR
WRAP

Fresh Fruit/Vegetable Bar

ROMAINE MIX/SPINACH,
BABY CARROTS, BROCCOLI,
CAULIFLOWER, CELERY STICKS,
CHERRY TOMATOES, CUCUMBER
SLICES, HUMMUS, GARBANZO
BEANS
PLUS
A
VARIETY OF FRESH FRUIT
OR
CHILLED FRUIT CUPS

HOT SANDWICH/PIZZA

IN PLACE OF MAIN ENTRÉE
CHOOSE
A
HOT SANDWICH
OR
PIZZA

CHOICE OF
1% WHITE OR FAT FREE
CHOCOLATE MILK

Choice of Fresh Fruit or
Chilled Fruit Cup

Choice of Hot or Cold
Vegetables

<u>SEPT. 30</u> STROMBOLI	<u>OCT. 1</u> MAC & CHEESE BAR	<u>2</u> CHICKEN QUESDILLA	<u>3</u> GRILLED CHEESE	<u>4</u> MEATBALL SUB
<u>7</u> FIESTA STICK & CHEESE	<u>8</u> BBQ RIB SANDWICH	<u>9</u> CHILI SPAGHETTI	<u>10</u> BOSCO STICKS	<u>11</u> PIZZA BURGER
<u>14</u> <u>NO</u> <u>SCHOOL</u>	<u>15</u> HOT POCKET	<u>16</u> MAC & CHEESE BAR	<u>17</u> BBQ PORK SANDWICH	<u>18</u> HOT PRETZEL & CHEESE
<u>21</u> CHICKEN FAJITAS	<u>22</u> MEATBALL SUB	<u>23</u> BAKED COD NUGGETS	<u>24</u> CHEESE RAVIOLI	<u>25</u> MINI CORN DOGS
<u>28</u> HOT POCKET	<u>29</u> 3 WAY SPAGHETTI	<u>30</u> GRILLED CHEESE	<u>31</u> MEATBALL SUB	<u>NOV. 1</u> HOT HAM & CHEESE

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYERS