

McNary Heights Elementary School
 October 2017
 Fruit and Vegetable Variety Bar
 1% White or Non-Fat Chocolate Milk
 Umatilla School District is an equal opportunity provider

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|---|---|
| <p>2</p> <p><i>Breakfast</i> Cereal Selection Or Cereal bars Lunch Chicken & Cheese Quesadilla /Green Beans Or Ham & Cheese sub w goldfish</p> | <p>3</p> <p><i>Breakfast</i> Cereal selection or Mini Pancakes Lunch Hamburger w sun chips Or Tuna Sub w fruit cup</p> | <p>4</p> <p><i>Breakfast</i> Cereal Selection or Cinnamon rolls Lunch Haystacks Or Turkey wrap w sun chips</p> | <p>5</p> <p><i>Breakfast</i> Cereal Selection or breakfast pizza Lunch Beef Bean & Cheese Burrito Or Chicken Fajita salad w goldfish</p> | <p>6</p> <p><i>Breakfast</i> Cereal Selection or Muffin & yogurt Lunch Pizza or PBJ w cheese stick & Goldfish cracker</p> |
| <p>9</p> <p><i>Breakfast</i> Cereal Selection Or Cereal bars Lunch Chicken Nuggets and Tri Patty Or Ham & Cheese Sub w sun chips</p> | <p>10</p> <p><i>Breakfast</i> Cereal selection or Mini Pancakes Lunch Chicken burger w green Beans Or Chicken & cheese Quesadilla</p> | <p>11</p> <p><i>Breakfast</i> Cereal Selection or Cinnamon rolls Lunch Sausage/ Biscuit & Cheese w Tri patty Or Popcorn Chicken Salad w gold fish</p> | <p>12</p> <p><i>Breakfast</i> Cereal Selection or breakfast pizza Lunch Pizza or PBJ w cheese stick & Goldfish cracker</p> | <p>13</p> <p style="text-align: center;">No School In-service Day</p> |
| <p>16</p> <p><i>Breakfast</i> Cereal Selection Or Cereal bars Lunch Cheese Sticks w/ Marinara Or Beef Bean and Cheese Burrito w Corn</p> | <p>17</p> <p><i>Breakfast</i> Cereal selection or Mini Pancakes Lunch Tacos with Frijoles Or Fish sticks and Tots</p> | <p>18</p> <p><i>Breakfast</i> Cereal Selection or Cinnamon rolls Lunch Spaghetti w corn & garlic toast Or PBJ w cheese stick and goldfish</p> | <p>19</p> <p><i>Breakfast</i> Cereal Selection or breakfast pizza Lunch Rib B Que w sun chips Or Tuna sub w sun chips</p> | <p>20</p> <p><i>Breakfast</i> Cereal Selection or Pancake on a stick Lunch Pizza or PBJ w cheese stick & Goldfish cracker</p> |
| <p>23</p> <p><i>Breakfast</i> Cereal Selection Or Cereal bars Lunch Corn dog w Baked Beans Or Turkey & Cheese Sub w fruit cup</p> | <p>24</p> <p><i>Breakfast</i> Cereal selection or Mini Pancakes Lunch Grilled Cheese & Tomato Soup Or Popcorn Chicken Salad w crackers</p> | <p>25</p> <p><i>Breakfast</i> Cereal Selection or Cinnamon rolls Lunch Chicken Strips / Potato/Gravy & Roll Or PBJ Cheese stick /goldfish cracker</p> | <p>26</p> <p><i>Breakfast</i> Cereal Selection or breakfast pizza Lunch Hamburgers w / Cheetos Or Ham & cheese w/ Cheetos</p> | <p>27</p> <p><i>Breakfast</i> Cereal Selection or Muffin & yogurt Lunch Pizza or PBJ w cheese stick & Goldfish cracker</p> |
| <p>30</p> <p><i>Breakfast</i> Cereal Selection Or Cereal bars Lunch Beef Bean & Cheese Burrito Or Cheesy Bagel w Fruit cup</p> | <p>31</p> <p><i>Breakfast</i> Cereal selection or Mini Pancakes Lunch Sloppy Joes w Corn Or Popcorn chicken salad/goldfish</p> | | | |