

October

# Rebel Café Menu

2018

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Breakfast</b> Honey Buns Fruit / Juice / Milk	<b>Breakfast</b> Mini Waffles Fruit / Juice / Milk	<b>Breakfast</b> Cheese Toast Fruit / Juice / Milk	<b>Breakfast</b> Scrambled Eggs w/ Toast Fruit / Juice / Milk	<b>Breakfast</b> Sausage Biscuit Fruit / Juice / Milk
<b>Lunch</b> Option 1: Chicken Nuggets Option 2: Steak Nuggets Carrots Mashed Potatoes w/ Gravy Fruit / Milk / Roll	<b>Lunch</b> Option 1: Pizza Option 2: Cheese Bites Marinara Corn Romaine Salad Fruit / Milk	<b>Lunch</b> Option 1: Fajita Nachos Option 2: Beef Nachos Refried Beans Lettuce & Tomatoe Salad Salsa Fruit / Milk / Roll (Elem)	<b>Lunch</b> Option 1: Hamburger Option 2: Grilled Chicken Sandwich Tater Tots Lettuce & Pickle Salad Mayo, Mustard, Salsa Fruit / Milk	<b>Lunch</b> Option 1: Potato Soup w/ Grilled Cheese Option 2: Ham Sandwich Romaine Salad Baked Beans Fruit / Milk

<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Breakfast</b> Breakfast Pizza Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon Toast Fruit / Juice / Milk	<b>Breakfast</b> Mini Pancakes Fruit / Juice / Milk	<b>Breakfast</b> Mini Sausage on a Bun Fruit / Juice / Milk	<b>Breakfast</b> Banana Bread Fruit / Juice / Milk
<b>Lunch</b> Option 1: Spaghetti /w Meat Sauce Garlic Bread Green Beans Romaine Salad Fruit / Milk	<b>Lunch</b> Option 1: Chicken Patty Option 2: Steak Patty w. White Gravy Augratin Potatoes Carrots Roll Fruit / Milk	<b>Lunch</b> Option 1: BBQ Brisket Option 2: Corndog French Fries Sliced Pickles Fruit / Milk	<b>Lunch</b> Option 1: Pizza Option 2: Cheese Bites Corn Romaine Salad Fruit / Milk	<b>Lunch</b> Option 1: Beef Soft Taco Option 2: Chicken Soft Taco Texas Ranchero Beans Lettuce & Tomato Salad Salsa Fruit / Milk

<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>Breakfast</b> Egg & Cheese Wrap Fruit / Juice / Milk	<b>Breakfast</b> French Toast Fruit / Juice / Milk	<b>Breakfast</b> Cheese Toast Fruit / Juice / Milk	<b>Breakfast</b> Homemade Oatmeal w/ Toast Fruit / Juice / Milk	<b>Breakfast</b> Honey Bun Fruit / Juice / Milk
<b>Lunch</b> Option 1: Teriyaki Beef Option 2: Orange Chicken Fried Rice Broccoli Roll Fruit / Milk	<b>Lunch</b> Option 1: Gumbo w/ Rice Option 2: Ham Sandwich Potato Salad Sliced Cucumbers Crackers Fruit / Milk	<b>Lunch</b> Option 1: Hotdog w/ Chili Option 2: Hamburger Sweet Potato Fries Pickle & Lettuce Salad Optional: Mayo, Mustard, Salsa Fruit / Milk	<b>Lunch</b> Option 1: Pizza Option 2: Cheese Bites w/ Marinara Corn Romaine Salad Fruit / Milk	<b>Lunch</b> Option 1: Fish Sandwich Option 2: Rib Sandwich Tater Tots Pickle & Lettuce Salad Fruit / Milk

<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Breakfast</b> Sausage Biscuit Fruit / Juice / Milk	<b>Breakfast</b> Breakfast Pizza Fruit / Juice / Milk	<b>Breakfast</b> Cinnamon Toast Fruit / Juice / Milk	<b>Breakfast</b> Banana Bread Fruit / Juice / Milk	<b>Breakfast</b> Mini Pancakes Fruit / Juice / Milk
<b>Lunch</b> Option 1: Chicken Nuggets Option 2: Crispy Chicken Strips Mashed Potatoes w/ Gravy Carrots Roll Fruit / Milk	<b>Lunch</b> Option 1: Taco Soup Option 2: Chef Salad w/ Ham Green Salad Cornbread Muffin Fruit / Milk	<b>Lunch</b> Option 1: Chicken Spaghetti Garlic Bread Carrot Souffle Romaine Salad *Grandparent Lunch* Fruit / Milk	<b>Lunch</b> Option 1: Hamburger Option 2: Grilled Chicken Sandwich French Fries Lettuce & Pickle Salad Fruit / Milk	<b>Lunch</b> Option 1: Meat & Cheese Nachos Option 2: Fajita Chicken Refried Beans Lettuce & Tomato Salad Salsa Roll(Elem Only) Fruit / Milk

<b>29</b>	<b>30</b>	<b>31</b>
<b>Breakfast</b> Mini Waffles Fruit / Juice / Milk	<b>Breakfast</b> Cheese Toast Fruit / Juice / Milk	<b>Breakfast</b> Frankenstein Yogurt Cup Fruit / Juice / Milk
<b>Lunch</b> Option 1: Baked Potato w/ BBQ Opt 2: Baked Potato w/ Fajita Chicken Sliced Cucumbers w/ Ranch Roll Fruit / Milk	<b>Lunch</b> Option 1: Pizza Option 2: Cheese Bites w/ Marinara Corn Romaine Salad Fruit / Milk	<b>Lunch</b> Option 1: Hotdog w/ Chili Option 2: Fish Sandwich Baked Beans Carrots w/ Ranch Lettuce & Pickle Salad Fruit / Milk

Optional Condiments Available: BBQ, Sweet & Sour, Honey Mustard, Ketchup, Tartar Sauce, Taco Sauce

\*All Pre-K students must have 1% White Milk with their meals.

\*K-12 meals come with choice of 1% white milk, fat free chocolate milk, or fat free strawberry milk.

\*JH/HS – A la carte options available each day.