



Clear Fork High/Middle School Menu October, 2016



Monday	Tuesday	Wednesday	Thursday	Friday
Oct 3 Breakfast: Cereal & String Cheese Lunch: Chicken Nuggets Roll w Margarine Green Beans / Carrot Stix w Ranch Raisins Milk	4 Breakfast: Apple or Cherry Frudel Lunch: French Toast Sausage Links Potato Triangles Orange Juice Milk	5 Breakfast: Omelet & Apple Muffin Bread Lunch: Deli Sub Lettuce, Tomato, Pickle, Onion Tater Tots Applesauce Milk	6 Breakfast: Pancake Wrap Lunch: Beefy Cheese Nachos w Salsa, Sour Cream Corn / Black Beans Sorbet Cup Milk	7 Breakfast: Mini Pancakes Lunch: Pizza Caesar Salad Apple Milk
10 Breakfast: Pop Tarts Lunch: Chicken Patty on Bun Glazed Carrots / Tater Tots Peaches Milk	11 Breakfast: Cocoa Bar & String Cheese Lunch: Pasta Bar Marinara or Alfredo Sauce Meatballs or Fajita Chicken) Breadstick Steamed Broccoli Pears Milk	12 Breakfast: Snackenwaffle Lunch: Bosco Sticks w Sauce Green Beans Pineapple Milk	13 Breakfast: Bagel & Cream Cheese Lunch: 2 Beef Soft Tacos w Cheese, Salsa, Sr Cream, & Shredded Lettuce Refried Beans Mixed Fruit Milk	14 (Early Dismissal 1:00) Breakfast: Apple Muffin Lunch: Pepperoni Calzone Tossed Salad Orange Milk
17 <i>No School</i> <i>(Staff Development Day)</i>	18 Breakfast: Yogurt & Goldfish Grahams Lunch: 2 Hot Dogs French Fries Carrot Stix w Ranch Applesauce Milk	19 Breakfast: Cinnamon Roll Lunch: Lasagna Roll Up Breadstick Steamed Broccoli / Green Beans Sorbet Cup Milk	20 Breakfast: Bacon & Egg Breakfast Pizza Lunch: Sweet & Sour / General Tso Chicken Oriental Vegetables Steamed Rice Mandarin Oranges Fortune Cookie Milk	21 Breakfast: Apple Turnover Lunch: Chicken Quesadilla Lettuce, Salsa, Sr Cream, Jalapenos Corn / Black Beans Apple Milk
24 Breakfast: Hard Boiled Egg & Apple Muffin Bread Lunch: Toasted Cheese Sandwich Tomato Soup Pickle Spear Pears Milk	25 Breakfast: Glazed Donut Lunch: Cheeseburger Deluxe French Fries Pineapple Milk	26 Breakfast: Sausage Breakfast Pizza Lunch: CF Chicken Bowl Biscuit Mixed Fruit Milk	27 Breakfast: Mini Cinnis Lunch: Frito Flip Corn / Black Beans Peaches Milk	28 Breakfast: Donut Hole & String Cheese Lunch: Pizza Caesar Salad Orange Milk

**Breakfast includes milk and choice of fruit or 100% fruit juice*

**Accessing your Child's Cafeteria Account* If want to know your child's cafeteria account balance, see what they are purchasing, or make payments to the account using a bank card or electronic check, sign up today for "PAY FOR IT" on our district website www.clearfork.k12.oh.us*

**Menu may change due to availability of products. "Offer vs. Serve" is a provision of the National School Lunch Program that allows students to refuse up to two items of the lunch menu and one item from the breakfast menu. If a child refuses one or two items the full price is still charged, therefore we encourage students to take the full meal. Lunch Prices are: Elementary School = \$2.50; Middle School = \$2.75; High School = \$3.00 Adults = \$3.00. Breakfast prices are: Elementary School = FREE; Middle School = \$1.50; High School = \$1.50.*

"This institution is an equal opportunity provider and employer"