



Clear Fork High/Middle School Menu October, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 2 Breakfast: Cereal & String Cheese</p> <p>Lunch: Sweet & Sour / General Tso Chicken Broccoli Steamed Rice Mandarin Oranges Milk</p>	<p>3 Breakfast: Glazed Donut</p> <p>Lunch: French Toast Sausage Links Potato Triangles Orange Juice Milk</p>	<p>4 Breakfast: Sausage & Cheese Breakfast Pizza</p> <p>Lunch: Lasagna Roll Up Breadstick Green Beans/Cole Slaw Peaches Milk</p>	<p>5 Breakfast: Apple Muffin</p> <p>Lunch: Beefy Cheese Nachos w Salsa Sour Cream, Jalapenos. Lettuce Corn / Black Beans Sorbet Cup Milk</p>	<p>6 Breakfast: Pancake Wrap</p> <p>Lunch: Pizza Tossed Salad Carrot Sticks w Ranch Apple Milk</p>
<p>9 Breakfast: Pop Tarts</p> <p>Lunch: 2 Hot Dogs Seasoned Potato Wedges Applesauce Milk</p>	<p>10 Breakfast: Donut Hole & String Cheese</p> <p>Lunch: CF Chicken Bowl (popcorn chicken, mashed potatoes w gravy, corn) Biscuit Pears Milk</p>	<p>11 Breakfast: Breakfast Pizza</p> <p>Lunch: Toasted Cheese Sandwich Tomato Soup Pickle Spear Peaches Milk</p>	<p>12 Breakfast: Cinnamon Roll</p> <p>Lunch: Buffalo Chicken Mac & Cheese (or Traditional Mac & Cheese) Roll w Margarine Steamed Broccoli / Peas Pineapple Milk</p>	<p>13 (Early Dismissal 1:00) Breakfast: Yogurt & Goldfish Grahams</p> <p>Lunch: Chicken & Cheese Quesadilla Lettuce, Salsa, Sour Cream Corn / Black Beans Sorbet Cup Milk</p>
<p>16</p> <p>NO SCHOOL</p> <p>(STAFF IN SERVICE)</p>	<p>17 Breakfast: Apple or Cherry Frudel</p> <p>Lunch: Chicken Nuggets Roll w Margarine Corn / Baby Carrots w Ranch Tropical Fruit Mix Milk</p>	<p>18 Breakfast: Mini Pancakes</p> <p>Lunch: Pepperoni Calzone Green Beans Mandarin Oranges Milk</p>	<p>19 Breakfast: Bagel & Cream Cheese</p> <p>Lunch: Cheeseburger Deluxe Lettuce, Tomato Pickle, Onion Seasoned Potato Wedges Sorbet Cup Milk</p>	<p>20 Breakfast: Apple Muffin</p> <p>Lunch: Pizza Caesar Salad Apple Milk</p>
<p>23 Breakfast: Yogurt & Goldfish Grahams</p> <p>Lunch: Chicken Patty on Bun (Hot & Spicy or Regular) Tater Tots Pineapple Milk</p>	<p>24 Breakfast: Omelet & Apple Muffin Bread</p> <p>Lunch: 2 Beef Soft Tacos w Cheese, Salsa, Sr Cream, & Lettuce Refried Beans / Corn Sorbet Cup Milk</p>	<p>25 Breakfast: Bacon & Egg Breakfast Pizza</p> <p>Lunch: Bosco Sticks w Sauce Broccoli Pears Milk</p>	<p>26 Breakfast: Cinnamon Roll</p> <p>Lunch: Frito Flip Corn/Black Beans Mixed Fruit Milk</p>	<p>27 Breakfast: Pancake Wrap</p> <p>Lunch: BBQ Rib on Bun Cheesy Potatoes Baby Carrots w Ranch Applesauce Milk</p>

**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 = \$2.75; Middle School = \$3.00; High School = \$3.00 Adults = \$3.00. Breakfast prices are: Elementary School = \$1.00; Middle School = \$1.50; High School = \$1.50.*

"This institution is an equal opportunity provider"