

TINA-AVALON MENU

OCTOBER 2018

This institution is an equal opportunity provider.
Menus are subject to change as needed.

<p>1 BREAKFAST: Breakfast Stick W/ Syrup, Cereal, Fruit, Milk & Juice. LUNCH: Crispy Chicken Sandwich, Carrots & Peas, Fruit, Chocolate Pudding, Milk.</p>	<p>2 BREAKFAST: Mini Powdered Donuts, Cereal, Fruit, Milk & Juice. LUNCH: Beef Nachos W/ Salsa, Refried Beans, Fruit, Milk.</p>	<p>3 BREAKFAST: Breakfast Burrito, Cereal, Fruit, Milk & Juice. LUNCH: Chicken Alfredo, Steamed Broccoli & Carrots, Fruit, Sugar Cookie, Milk.</p>	<p>4 BREAKFAST: Muffins, Cereal, Fruit, Milk & Juice. LUNCH: Meatball Sub, French Fries, Cucumber Slices, Fruit.</p>	<p>5 BREAKFAST: Scrambled Eggs & Toast, Cereal, Fruit, Milk & Juice. LUNCH: Pepperoni Pizza, Garden Salad W/ Croutons, Fruit.</p>
<p>8 BREAKFAST: Breakfast Pizza, Cereal, Fruit, Milk & Juice. LUNCH: Corn Dog, Sweet Potato Fries, Garlic Broccoli, Fruit, Milk.</p>	<p>9 BREAKFAST: Mini Chocolate Donuts, Cereal, Fruit, Milk & Juice. LUNCH: Country Fried Steak, Roll, Mashed Potatoes, Green Beans, Fruit, Milk.</p>	<p>10 BREAKFAST: Eggstravanganza, Cereal, Fruit, Milk & Juice. LUNCH: Walking Taco W/ Salsa, Black Beans, Fruit, Granola Bar, Milk.</p>	<p>11 BREAKFAST: Yogurt, Cereal, Fruit, Milk & Juice. LUNCH: Chicken Nuggets, Mac & Cheese, Baby Carrots & Celery, Fruit, Milk.</p>	<p>12 BREAKFAST: Dutch Waffle, Cereal, Fruit, Milk & Juice. LUNCH: Breakfast Stick W/ Syrup, Scrambled Eggs, Tater Gems, Wango Mango Juice, Milk.</p>
<p>15 BREAKFAST: Sausage Biscuit, Cereal, Fruit, Milk & Juice. LUNCH: Beef and Bean Burrito W/ Salsa, Corn , Fruit, Milk.</p>	<p>16 BREAKFAST: Mini Pancakes, Cereal, Fruit, Milk & Juice. LUNCH: Chicken & Noodles, Roll, Baby Carrot & Peas, Fruit, Milk.</p>	<p>17 BREAKFAST: Cheese Omelet, Cereal, Fruit, Milk & Juice. LUNCH: BBQ Pork Sandwich, French Fries, Baked Beans, Fruit, Milk.</p>	<p>18 BREAKFAST: Cinnamon Roll, Cereal, Fruit, Milk & Juice. LUNCH: Orange Chicken W/ Rice, Stir fry Veggies & Broccoli, Chocolate Pudding, Milk.</p>	<p>19 BREAKFAST: Biscuits & Gravy, Cereal, Fruit, Milk & Juice. LUNCH: Hot Dog, Nachos W/ Cheese, Veggie Cup, Fruit, Milk.</p>
<p>22 BREAKFAST: Breakfast Stick W/ Syrup, Cereal, Fruit, Milk & Juice. LUNCH: Fritos Chili Pie W/ Cheese, Corn Fruit, Bug Bite Grahams, Milk.</p>	<p>23 BREAKFAST: Mini Powdered Donuts, Cereal, Fruit, Milk & Juice. LUNCH: Grilled Cheese, Tomato Soup, Baby Carrots & Celery, Strawberry/ Banana Yogurt, Milk.</p>	<p>24 BREAKFAST: Breakfast Burrito, Cereal, Fruit, Milk & Juice. LUNCH: Chicken Parmesan over Pasta, Garlic Broccoli, Fruit, Milk.</p>	<p>25 BREAKFAST: Muffins, Cereal, Fruit, Milk & Juice. LUNCH: Turkey Pot Roast W/ Gravy, Roll, Mashed Potatoes, Green Beans, Fruit, Milk.</p>	<p>26 NO SCHOOL!!!</p>
<p>29 BREAKFAST: Breakfast Pizza, Cereal, Fruit, Milk & Juice. LUNCH: Chicken and Cheese Crisпитos W/ Salsa, Black Beans, Fruit, Blueberry Yogurt, Milk.</p>	<p>30 BREAKFAST: Mini Chocolate Donuts, Cereal, Fruit, Milk & Juice. LUNCH: Breaded Beef Stick, Buttered Noodles, Buttered Noodles, Green beans, Fruit, Milk.</p>	<p>31 BREAKFAST: Eggstravanganza, Fruit, Milk & Juice. LUNCH: Pizza Bosco Stick, Marinara Sauce, Garden Salad, Fruit , HALLOWEEN Dessert, Milk.</p>		