



CELEBRATE



MILDRED C WELLS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| October 2, 2017 | October 3, 2017 | October 4, 2017 | October 5, 2017 | October 6, 2017 |
| APPLE JACKS REDUCED SUGAR Vanilla Waffle Square Craisins Grape Juice Choice of Milk | BEEF SAUSAGE ON A BISCUIT Diced Peaches Blended Fruit Juice Assorted Jelly Choice of Milk | VANILLA YOGURT Granola Fresh Fruit Choice of Milk | MAPLE PANCAKES Fresh Fruit Orange Juice Choice of Milk | FROSTED MINI WHEATS Animal Grahams Fresh Fruit Choice of Milk |
| October 9, 2017 | October 10, 2017 | October 11, 2017 | October 12, 2017 | October 13, 2017 |
| STRAWBERRY BANANA YOGURT Granola Craisins Apple-Cranberry Juice Choice of Milk | WAFFLES Pineapple Tidbits Orange Juice Syrup Choice of Milk | FROSTED FLAKES (LOW SUGAR) Graham Crackers Fresh Fruit Choice of Milk | EGG & CHEESE BAGEL Fresh Fruit Blended Fruit Juice Choice of Milk | CINNAMON CHEX French Toast Breakfast Bar Fresh Fruit Choice of Milk |
| October 16, 2017 | October 17, 2017 | October 18, 2017 | October 19, 2017 | October 20, 2017 |
| GOLDEN GRAHAM CEREAL Strawberry Pancake Square Craisins Orange Juice Choice of Milk | SCRAMBLED EGGS English Muffin Diced Pears Grape Juice Choice of Milk | COCOA PUFFS Vanilla Waffle Square Fresh Fruit Choice of Milk | FRENCH TOAST STICKS Fresh Fruit Apple-Cranberry Juice Syrup Choice of Milk | MOZZARELLA CHEESE STICK Blueberry Muffin Fresh Fruit Choice of Milk |
| October 23, 2017 | October 24, 2017 | October 25, 2017 | October 26, 2017 | October 27, 2017 |
| RICE KRISPIES Maple Breakfast Square Craisins Blended Fruit Juice Choice of Milk | WHOLE GRAIN PANCAKES Orange Juice Cinnamon Applesauce Syrup Choice of Milk | CHEDDAR CHEESE STICK Tropical Mini Loaf Fresh Fruit Choice of Milk | BREAKFAST BURRITO Fresh Fruit Mixed Fruit Cup Salsa Choice of Milk | CINNAMON FLAKES REDUCED SUGAR French Toast Breakfast Square Fresh Fruit Choice of Milk |
| October 30, 2017 | October 31, 2017 | November 1, 2017 | November 2, 2017 | November 3, 2017 |
| APPLE JACKS REDUCED SUGAR Vanilla Waffle Square Craisins Grape Juice Choice of Milk | BEEF SAUSAGE ON A BISCUIT Diced Peaches Blended Fruit Juice Assorted Jelly Choice of Milk | | | |

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

PREFERREDMEALSMENU.COM

FEATURE FOOD DAYS

NATIONAL SCHOOL LUNCH WEEK

NATIONAL TACO DAY

MEATLESS MONDAY

BREAKFAST FOR LUNCH

MAKE YOUR OWN

NEW ITEMS

BUILD A BETTER BURGER

MAKE YOUR OWN SALAD

Allergen Information: MILDRED C WELLS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|-------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 10-02-2017 | APPLE JACKS REDUCED SUGAR | | | | | | | X | X |
| | Vanilla Waffle Square | | X | | | | | X | X |
| | Craisins | | | | | | | | |
| | Grape Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-03-2017 | BEEF SAUSAGE ON A BISCUIT | X | | | | | | X | X |
| | Diced Peaches | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Assorted Jelly | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-04-2017 | VANILLA YOGURT | X | | | | | | | |
| | Granola | X | | | | | | | |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-05-2017 | MAPLE PANCAKES | X | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Orange Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-06-2017 | FROSTED MINI WHEATS | | | | | | | | X |
| | Animal Grahams | | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-09-2017 | STRAWBERRY BANANA YOGURT | X | | | | | | | |
| | Granola | X | | | | | | | |
| | Craisins | | | | | | | | |
| | Apple-Cranberry Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-10-2017 | WAFFLES | X | X | | | | | X | X |
| | Pineapple Tidbits | | | | | | | | |
| | Orange Juice | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-11-2017 | FROSTED FLAKES (LOW SUGAR) | | | | | | | X | X |
| | Graham Crackers | | | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

Allergen Information: MILDRED C WELLS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|----------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 10-12-2017 | EGG & CHEESE BAGEL | X | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-13-2017 | CINNAMON CHEX | | | | | | | | |
| | French Toast Breakfast Bar | | | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-16-2017 | GOLDEN GRAHAM CEREAL | | | | | | | | X |
| | Strawberry Pancake Square | | X | | | | | X | X |
| | Craisins | | | | | | | | |
| | Orange Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-17-2017 | SCRAMBLED EGGS | X | X | | | | | X | |
| | English Muffin | | | | | | | X | X |
| | Diced Pears | | | | | | | | |
| | Grape Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-18-2017 | COCOA PUFFS | | | | | | | | |
| | Vanilla Waffle Square | | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-19-2017 | FRENCH TOAST STICKS | | | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Apple-Cranberry Juice | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-20-2017 | MOZZARELLA CHEESE STICK | X | | | | | | | |
| | Blueberry Muffin | | | | | | | | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-23-2017 | RICE KRISPIES | | | | | | | | |
| | Maple Breakfast Square | | X | | | | | X | X |
| | Craisins | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |

Allergen Information: MILDRED C WELLS

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

| | Item Name | Milk | Egg | Peanut | Tree Nut | Fish | Shellfish | Soy | Wheat |
|------------|----------------------------------|------|-----|--------|----------|------|-----------|-----|-------|
| 10-24-2017 | WHOLE GRAIN PANCAKES | X | X | | | | | X | X |
| | Orange Juice | | | | | | | | |
| | Cinnamon Applesauce | | | | | | | | |
| | Syrup | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-25-2017 | CHEDDAR CHEESE STICK | X | | | | | | | |
| | Tropical Mini Loaf | | | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-26-2017 | BREAKFAST BURRITO | X | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Mixed Fruit Cup | | | | | | | | |
| | Salsa | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-27-2017 | CINNAMON FLAKES REDUCED SUGAR | | | | | | | | X |
| | French Toast Breakfast Square | | X | | | | | X | X |
| | Fresh Fruit | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-30-2017 | APPLE JACKS REDUCED SUGAR | | | | | | | X | X |
| | Vanilla Waffle Square | | X | | | | | X | X |
| | Craisins | | | | | | | | |
| | Grape Juice | | | | | | | | |
| | Choice of Milk | X | | | | | | | |
| 10-31-2017 | BEEF SAUSAGE ON A BISCUIT | X | | | | | | X | X |
| | Diced Peaches | | | | | | | | |
| | Blended Fruit Juice | | | | | | | | |
| | Assorted Jelly | | | | | | | | |
| | Choice of Milk | X | | | | | | | |