

October 2019 BREAKFAST MENU



SUMMIT
CHRISTIAN
SCHOOL

Student Name: _____ Grade: _____

INSTRUCTIONS: COMPLETE ONE ORDER FORM PER CHILD. Write your child's name and grade at the top of this menu order form. Discuss this menu with your child. Place a check mark in the box that indicates whether your child will be ordering ALL of the school meals for this month OR only selected meals for NEXT month. **If your child will be ordering selected meals, you must write an X in the box of the meals your child will order.** This completed order form must be turned in to Mrs. Myers by **Monday, September 23.** Failure to return this order form by this date could result in no meals for your child.

Ordering ALL meals Ordering SELECTED meals (mark selected meals with an X)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	½ cup 100% Juice ½ cup Fresh Orange WG Cocoa Puff Cereal Elf Grahams Milk	½ cup 100% Juice ½ Cup Craisins Mini Strawberry Bagel Milk	½ cup 100% Juice ½ cup Banana WG Cinnamon Toast Crunch Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar Milk
7	8	9	10	11
½ cup 100% Juice ½ cup Applesauce WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Fresh Orange WG Trix Cereal Graham Cracker Milk	½ cup 100% Juice ½ cup Fresh Pear WG Strawberry Bar Milk	½ cup 100% Juice ½ cup Strawberry Craisins KIX Elf Grahams Milk	½ cup 100% Juice ½ cup Banana WG Blueberry Lemon Bites Milk
14	15	16	17	18
½ cup 100% Juice ½ cup Applesauce WG Fruit and Grain Bar Goldfish Graham Milk	½ cup 100% Juice ½ cup Fresh Apple Breakfast Round Milk	½ cup 100% Juice ½ cup Craisins WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Banana WG Fruity Cheerios Cereal Milk	½ cup 100% Juice ½ cup Fresh Apple WG Chocolate Chip Bar Milk
21	22	23	24	25
½ cup 100% Juice ½ cup Applesauce WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Fresh Orange WG Cocoa Puff Cereal Elf Grahams Milk	½ cup 100% Juice ½ Cup Craisins Mini Strawberry Bagel Milk	½ cup 100% Juice ½ cup Banana WG Cinnamon Toast Crunch Cereal Milk	NO SCHOOL
28	29	30	31	
½ cup 100% Juice ½ cup Applesauce WG Strawberry Pop-Tart Milk	½ cup 100% Juice ½ cup Apple WG Trix Cereal Graham Cracker Milk	½ cup 100% Juice ½ cup Fresh Pear WG Strawberry Bar Milk	½ cup 100% Juice ½ cup Strawberry Craisins KIX Elf Grahams Milk	Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!

October 2019 LUNCH MENU



SUMMIT
CHRISTIAN
SCHOOL

Student Name: _____ Grade: _____

INSTRUCTIONS: COMPLETE ONE ORDER FORM PER CHILD. Write your child's name and grade at the top of this menu order form. Discuss this menu with your child. Place a check mark in the box that indicates whether your child will be ordering ALL of the school meals for this month **OR** only selected meals for NEXT month. **If your child will be ordering selected meals, you must write an X in the box of the meals your child will order.** This completed order form must be turned in to Mrs. Myers by **Monday, September 23.** Failure to return this order form by this date could result in no meals for your child.

Ordering **ALL** meals Ordering **SELECTED** meals (mark selected meals with an X)

Monday	Tuesday	Wednesday	Thursday	Friday
	Lasagna Roll-Up 1	Breakfast Sandwich 2	Buffalo Chicken Patty Sandwich 3	Stuffed Breadstick 4
	(16)100% Juice Lasagna Roll-up (2oz meat alternative /1oz grains) 2oz red sauce (4)3/4c Broccoli (12) Milk	(12)Applesauce Cup (31) 1oz egg patty 1oz cheddar cheese 2oz WG english muffin (28)3/4c Tater Tots Ketchup (12) Milk	(16)100% Juice (40) WG chicken patty (2oz meat, 3/4oz grain) 2oz WG bun (3)Buffalo Ranch sauce (6)3/4c Green Beans (12) Milk	(19)Fresh Apple (25)WG stuffed breadstick (2oz meat alternative/2oz grains) (9)3/4c Fresh Baby Carrots (4)2oz Marinara cup (12) Milk
Taco Bites 7	Hot Dog 8	Cheese Pizza 9	Turkey & Cheese Sandwich 10	Swedish Meatballs 11
(16)100% Juice (26) 3/4c Pinto Beans (30) 3 Taco Pizza Bites (2MMA, 2 OEG) (1) Taco Sauce Packet (12) Milk	(12)Fresh Apple (25)2oz Turkey Hot Dog 2oz WG Bun (28)3/4c tater tots Ketchup (12) Milk	(27) Banana (37) Cheese Pizza (9)3/4c Fresh Baby Carrots Ranch (12) Milk	(28)Fresh Pear (32)1.5oz Turkey Breast 0.5oz American Cheese 2oz WG Bread (3)1/2c Cauliflower (13)1/2c Wango Mango Veggie Juice (2)Mayo (12) Milk	(16) 100% Juice (9)Meatballs (2oz Meat) (41)1c Rotini (6)2oz Gravy (4)3/4c Broccoli (12) Milk
Chicken Nuggets 14	Chicken Ranch Pizza 15	Salisbury Steak 16	French Toast & Sausage 17	Roasted Chicken Parm 18
(12)Applesauce Cup (16)WG Chicken Nuggets (2oz meat, 1oz grain) (43)3/4c Baked Beans Ketchup (12) Milk	(16)100% Juice 1oz Chicken 1oz Cheddar 1oz Ranch 2oz WG Crust (9)3/4c Fresh Baby Carrots (12) Milk	(27)Fresh Banana (5)Salisbury Steak (2oz meat) (31)3/4c Egg Noodles (6)2oz Brown Gravy (4) 3/4c Mixed vegetable (12) Milk	(16)100% Juice (50)French Toast (2oz grain) (0)Turkey Sausage (2oz meat) (21)3/4c Tater Tots Ketchup (31)Syrup (12) Milk	(19)Fresh Apple (60)1.5oz Chicken Thighs 0.5oz Mozzarella Cheese 2oz Red Sauce 1c Penne (8)1c Green beans (12) Milk
Cheese Quesadilla 21	Grilled Chicken Sandwich 22	Chicken Deluxe Salad 23	Hamburger 24	25
(19)Fresh Apple (30)2oz Cheese Quesadilla (2oz MMA, 1oz G) (17)3/4c Pinto Beans (1)Taco Sauce (12) Milk	(16)100% Juice (26)3oz Chicken Breast 2oz WG Bun (4)3/4c Broccoli BBQ Packet (12) Milk	(27) Banana (40)1.5oz Chicken Thighs 0.5oz Cheddar Cheese 1c Salad Mix 1/2c Shredded Carrots (14)2oz WG Breadsticks (6)Ranch (12) Milk	(16)100% Juice (25)Burger Patty (2oz meat) 2oz WG Bun (21)3/4c Tater Tots Ketchup (12) Milk	NO SCHOOL
Chicken Patty 28	Pasta with Meatballs 29	Beef Taco Bowl 30	BBQ Chicken Pizza 31	Menu Subject to Change. Each meal served with choice of 1c 1% milk (12g) or 1c fat-free flavored milk (22g). Enjoy!
(12)Applesauce Cup (40) Chicken Patty 2oz WG Bun (8) 3/4c Carrots BBQ Packet (12) Milk	(16)100% Juice (31)1.5oz Meatballs 0.5oz Mozzarella Cheese 2oz Red Sauce 1c Rotini (4)3/4c Mixed Vegetable (12) Milk	(11) Orange (42) 2oz Ground Beef 0.5 Cheddar Cheese 1c Brown Rice (34) 1/2 c Pinto Beans (8) 1/4c Corn (1)Taco Sauce (12) Milk	(16)100% Juice (33)1oz BBQ Chicken 1oz Cheddar Cheese 1oz BBQ Sauce 2oz WG Crust (9)3/4c Fresh Baby Carrots (12) Milk	