

Richfield & Friess Lake Breakfast Menu

Select at least 3 food items – 1 must be ½ cup fruit
(All menu items count as 1 food item)

Monday-Thursday

Select 1 grain item from the following:

Cereal
Banana Bread
Pop Tart
Muffin
Ubr (Oatmeal Bar)

Select 1 meat/meat alternate from the following:

Yogurt
String Cheese

Select at least ½ cup fruit from the following:

Fruit
Dried Fruit
Juice

Breakfast includes a choice of milk

Friday Only

Cinnamon Roll
Fruit
Juice
Choice of milk

\$1.85









Breakfast is offered daily in the café. Daily offerings include: cereal, banana bread, Pop Tart, muffin, Ubr, yogurt, string cheese, fruit, juice, and choice of milk.

OCTOBER 2019

HOLY HILL AREA SCHOOL DISTRICT



Menu subject to change. Lunch Price is \$3.00. All meals come with choice of low-fat or skim milk. Ala carte milk is 30¢. Fresh Apples offered as a daily fruit choice for grades 5-8.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Crunch into a local Midwest Apple on 10/10</p>	<p>1-Oct</p> <p>Ooodles of Noodles with Alfredo Tossed Romaine Salad Steamed Broccoli Fruit Cocktail Garlic Bread</p>  <p>National Pasta Month</p>	<p>2-Oct</p> <p>Italian Grilled Cheese & Sauce Tossed Romaine Salad Country Mixed Vegetables Pineapple Tidbits Sorbet Cup</p>	<p>3-Oct</p> <p>Mini Corn Dogs Tossed Romaine Salad Emoji Potatoes Baked Beans Applesauce</p>	<p>4-Oct</p> <p>Touchdown Chicken Nuggets Tossed Romaine Salad HUHS Glazed Carrot Coins Oriole Peaches Ozzy's Confetti Cake</p>  <p>Hartford Homecoming</p>
<p>7-Oct</p> <p>Popcorn Chicken Tossed Romaine Salad Green Beans Pear Slices Dinner Roll</p>	<p>8-Oct</p> <p>Nachos Supreme Tossed Romaine Salad Refried Beans Corn Peach Slices</p>	<p>9-Oct</p> <p>Pepperoni Pizza Wedge Tossed Romaine Salad Assorted Fresh Vegetables Fruit Medley Chocolate Chip Cookie</p>	<p>10-Oct</p> <p>Scrambled Eggs French Toast Sticks Breakfast Potatoes Whole Apple* Sunset Sip Juice</p>  <p><small>*from Appleland Orchard Belgium, WI</small></p>	<p>11-Oct</p> <p>Baked Potato with Diced Ham & Cheese Cup Tossed Romaine Salad Steamed Broccoli Fresh Plum Soft Pretzel & Cheese</p>
<p>14-Oct</p> <p>Chili Dog or Hot Dog Tossed Romaine Salad Green & Gold Veggies Pear Slices Corn Chips</p>  <p>Monday Night Football</p>	<p>15-Oct</p> <p>Chicken Strips Tossed Romaine Salad Steamed Broccoli Fresh Grapes Dinner Roll</p>	<p>16-Oct</p> <p>Ham & Cheese on Pretzel Bun Tossed Romaine Salad Sweet Potato Tots Baked Beans Pineapple Tidbits</p>	<p>17-Oct</p> <p>Chicken & Gravy Tossed Romaine Salad Mashed Potatoes Peach Slices Soft Breadstick</p>	<p>18-Oct</p> <p>Grilled Chicken Sandwich Tossed Romaine Salad Steamed Rice Green Beans Mandarin Oranges</p>
<p>21-Oct</p> <p>Hamburger Tossed Romaine Salad Waffle Fries Applesauce Birthday Treat</p>  <p>Happy October Birthdays</p>	<p>22-Oct</p> <p>Cheese Quesadilla Tossed Romaine Salad Black Bean & Corn Salad Peach Slices Tortilla Chips & Salsa</p>	<p>23-Oct</p> <p>BBQ Rib Sandwich Tossed Romaine Salad Tator Tots Baked Beans Pineapple Tidbits</p>	<p>24-Oct</p> <p>No School Today</p>	<p>25-Oct</p> <p>No School Today</p>
<p>28-Oct</p> <p>Cheese Dunkers & Sauce Tossed Romaine Salad Green Beans Peach Slices Carnival Cookie</p>	<p>29-Oct</p> <p>Spaghetti & Meatballs Tossed Romaine Salad Tuscan Blend Vegetables Pineapple Tidbits Garlic Bread</p>	<p>30-Oct</p> <p>Salisbury Steak Tossed Romaine Salad Mashed Potatoes & Gravy Fresh Kiwi Sliced Wheat Bread</p>	<p>Trick or Treat Chicken Nuggets Tossed Romaine Salad Oven Roasted Squash Applesauce Pumpkin Pudding</p>  <p>Happy Halloween</p>	 <p>National School Lunch Week Oct. 14-18</p>

This institution is an equal opportunity provider.