

"Purcell Elementary Breakfast & Lunch Menu"



October 2018



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www.polk-fl.net search/keyword: Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Apple Farmer's Bar Fresh Fruit / Canned Fruit	2 Breakfast Burrito Fresh Fruit / Juice	3 Egg & Cheese Melt Fresh Fruit / Canned Fruit	4 Cinnamon Twist Bar Fresh Fruit / Juice	5 Breakfast Pizza Fresh Fruit / Canned Fruit
Chicken Drumsticks W/Yellow Rice Steamed Broccoli Fresh Veggie Tray Seasonal Fresh Fruit	Shepherd's Pie Whole Wheat Roll Green Peas Fresh Veggie Tray Chilled Fruit	Cheesy Fish Sandwich Baked Beans Fresh Veggie Tray Seasonal Fresh Fruit	Sloppy Joe Nachos Steamed California Blend Fresh Veggie Tray Chilled Fruit	Cheeseburger French Fries Fresh Veggie Tray Applesauce
8 Pancake Sausage Wrap Fresh Fruit / Canned Fruit	9 Chorizo Breakfast Burrito Fresh Fruit / Juice	10 Chicken Biscuit Fresh Fruit / Canned Fruit	11 French Toast Sticks Fresh Fruit / Juice	12 Egg & Cheese Rolled Taco Fresh Fruit / Canned Fruit
Chicken Patty Sandwich Sweet Potato Fries Fresh Veggie Tray Seasonal Fresh Fruit	Beef Tacos Chips & Salsa Pinto Beans Fresh Veggie Tray Chilled Fruit	Fish Nuggets w/Macaroni & Cheese Green Beans Fresh Veggie Tray Seasonal Fresh Fruit	Cuban Flatbread Black Beans Fresh Veggie Tray Chilled Fruit	Pizza Corn Fresh Veggie Tray Frozen Juice Cup
15	16 Mini Waffles Fresh Fruit / Juice	17 Sausage Biscuit Fresh Fruit / Canned Fruit	18 Mini Pancakes Fresh Fruit / Juice	19 Sausage, Egg & Cheese Tornado Fresh Fruit / Canned Fruit
No School	Chicken Nuggets Whole Wheat Roll Steamed Carrots Fresh Veggie Tray Chilled Fruit	Alfredo With A Twist Steamed Broccoli Fresh Veggie Tray Cookie Seasonal Fresh Fruit	Korean BBQ Taco Caribbean Blend Vegetables Asian Slaw Fresh Veggie Tray Chilled Fruit	Cheeseburger French Fries Fresh Veggie Tray Applesauce
22 Apple Farmer's Bar Fresh Fruit / Canned Fruit	23 Breakfast Burrito Fresh Fruit / Juice	24 Egg & Cheese Melt Fresh Fruit / Canned Fruit	25 Cinnamon Twist Bar Fresh Fruit / Juice	26 Breakfast Pizza Fresh Fruit / Canned Fruit
Chili w/Cheesy Breadstick Potato Wedges Fresh Veggie Tray Seasonal Fresh Fruit	Chicken Tenders w/Biscuit Green Beans Fresh Veggie Tray Chilled Fruit	Baked Ziti Steamed California Blend Fresh Veggie Tray Seasonal Fresh Fruit	Monte Cristo Sandwich Sweet Potato Tots Fresh Veggie Tray Chilled Fruit	"Pizza, Fiesta Friday" Corn on the Cobb Fresh Veggie Tray Frozen Fruit Cup
29 Pancake Sausage Wrap Fresh Fruit / Canned Fruit	30 Chorizo Breakfast Burrito Fresh Fruit / Juice	31 Chicken Biscuit Fresh Fruit / Canned Fruit	French Toast Sticks Fresh Fruit / Juice	Egg & Cheese Rolled Taco Fresh Fruit / Canned Fruit
Chicken Drumsticks W/Yellow Rice Steamed Broccoli Fresh Veggie Tray Seasonal Fresh Fruit	Shepherd's Pie Whole Wheat Roll Green Peas Fresh Veggie Tray Chilled Fruit	Cheesy Fish Sandwich Baked Beans Fresh Veggie Tray Seasonal Fresh Fruit	Sloppy Joe Nachos Steamed California Blend Fresh Veggie Tray Chilled Fruit	Cheeseburger French Fries Fresh Veggie Tray Applesauce

This institution is an equal opportunity provider and employer.

"MENU IS SUBJECT TO CHANGE"

A variety of cereal will be offered every morning on the cold line.

A variety of milk is offered daily.