

Stokes

Breakfast OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHEESY GRITS PEACH CUP APPLES MILK, 1% Lowfat MILK, Skim	3 BLUEBERRY MUFFINS ORANGES BREAKFAST CARROTS MILK, 1% Lowfat MILK, Skim	4 CEREAL, VARIETY YOGURT BANANAS MILK, 1% Lowfat MILK, Skim	5 BAGELS CREAM CHEESE MIXED FRUIT CUP PEARS MILK, 1% Lowfat MILK, Skim	6 PARFAIT W/YOGURT, FRUIT & GRAN PLUMS, FRESH MILK, 1% Lowfat MILK, Skim
9 NO SCHOOL TODAY	10 TURKEY SAUSAGE W.G. ROLL 100% ORANGE JUICE MILK, 1% Lowfat MILK, Skim	11 EGG & CHEESE SANDWICH PEARS PEACHES, FRESH MILK, 1% Lowfat MILK, Skim	12 BANANA MUFFINS ORANGES NECTARINES, FRESH HARD BOILED EGG MILK, 1% Lowfat MILK, Skim	13 CEREAL, VARIETY YOGURT MOZZARELLA CHEESE STICK BANANAS MILK, 1% Lowfat MILK, Skim
16 CHEESY GRITS APPLES PEARS MILK, 1% Lowfat MILK, Skim	17 COFFEE CAKE MUFFINS APPLES RAISINS MILK, 1% Lowfat MILK, Skim	18 CEREAL, VARIETY BANANAS MILK, 1% Lowfat MILK, Skim	19 Egg Tartlets W.G. ROLL MIXED FRUIT CUP PEACHES, FRESH MILK, 1% Lowfat MILK, Skim	20 PARFAIT W/YOGURT, FRUIT & GRAN NECTARINES, FRES H MILK, 1% Lowfat MILK, Skim
23 OATMEAL w/DRIED RAISINS PEARS MILK, 1% Lowfat MILK, Skim	24 COFFEE CAKE MUFFINS APPLES RAISINS MILK, 1% Lowfat MILK, Skim	25 CEREAL, VARIETY BANANAS MILK, 1% Lowfat MILK, Skim	26 Egg Tartlets W.G. ROLL MIXED FRUIT CUP PEACHES, FRESH MILK, 1% Lowfat MILK, Skim	27 PARFAIT W/YOGURT, FRUIT & GRAN NECTARINES, FRES H MILK, 1% Lowfat MILK, Skim
30 CHEESY GRITS APPLES PEARS MILK, 1% Lowfat MILK, Skim	31 COFFEE CAKE MUFFINS APPLES RAISINS MILK, 1% Lowfat MILK, Skim	1 CEREAL, VARIETY YOGURT BANANAS MILK, 1% Lowfat MILK, Skim	2 BAGELS CREAM CHEESE MIXED FRUIT CUP PEARS MILK, 1% Lowfat MILK, Skim	3 PARFAIT W/YOGURT, FRUIT & GRAN PLUMS, FRESH MILK, 1% Lowfat MILK, Skim

Menu Subject to Change. We serve 1% and Skim Milk daily.

Stokes Lunch

OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 PASTA W/PARMESAN CHEESE STEAMED BROCCOLI ORANGES MILK,1% Lowfat MILK,Skim	3 CHICKEN QUESADILLA VEGGIE QUESADILLA TOMATO SALSA APPLES MILK,1% Lowfat MILK,Skim	4 CHEF SALAD CHEF SALAD (VEG) TOMATO SALAD ITALIAN DRESSING MANDARIN ORANGES MILK,Skim MILK,1% Lowfat	5 CHICKEN PARMESAN SANDWICH EGGPLANT PARMESAN SANDWICH HOME FRIES PLUMS,FRESH MILK,1% Lowfat MILK,Skim	6 ALL-BEEF BURGERS BLACK BEAN BURGER CHICKPEA SALAD BANANAS MILK,1% Lowfat MILK,Skim
9 NO SCHOOL TODAY	10 TURKEY HAM & CHEESE SANDWI MOZZARELLA & TOMATO SANDWICH BABY CARROTS ORANGES SPINACH SALAD 1/2c. MILK,1% Lowfat MILK,Skim	11 ITALIAN CHICKEN WRAP TOASTED VEGETABLE & CHEE CHICKPEA SALAD PEARS MILK,1% Lowfat MILK,Skim	12 BEEF, RICE & CHEESE BURRITO BEAN, RICE & CHEESE BURRITO CORN & TOMATO SALSA APPLES MILK,1% Lowfat MILK,Skim	13 ALL BEEF HOT DOG BLACK BEAN BURGER COLESLAW BANANAS MILK,1% Lowfat MILK,Skim
16 PESTO PENNE PASTA TOMATO BASIL SALAD ORANGES MILK,1% Lowfat MILK,Skim	17 PASTA W/MEATSAUCE PASTA W/PARMESAN CHEESE CORN CUP APPLES MILK,1% Lowfat MILK,Skim	18 CAESAR SALAD W/CHICKEN CAESAR SALAD W/EGG TOMATO SALAD NECTARINES,FRESH MILK,1% Lowfat MILK,Skim	19 RED BEANS & RICE MOZZARELLA CHEESE STICK PEARS MILK,1% Lowfat MILK,Skim	20 TURKEY BREAST SANDWICH MOZZARELLA & TOMATO SANDWICH SALAD CUP TANGERINES MILK,1% Lowfat MILK,Skim
23 TOASTED CHEESE SANDWICH TOMATO BASIL SALAD ORANGES MILK,1% Lowfat MILK,Skim	24 CHICKEN QUESADILLA VEGGIE QUESADILLA TOMATO SALSA PEARS MILK,1% Lowfat MILK,Skim	25 BAKED CHICKEN WINGS BAKED TOFU W.G. ROLL GREEN BEANS TANGERINES MILK,1% Lowfat MILK,Skim	26 PASTA W/MEATSAUCE PASTA W/PARMESAN CHEESE CAESAR SALAD APPLES MILK,1% Lowfat MILK,Skim	27 CAESAR SALAD W/CHICKEN CAESAR SALAD W/EGG BAKED BEANS PEACHES,FRESH MILK,1% Lowfat MILK,Skim
30 CHEESE TORTELLINI HERB BUTTER PEAS GREEN ORANGES MILK,1% Lowfat MILK,Skim	31 PUMPKIN SOUP CHEESE SANDWICH APPLES MILK,1% Lowfat MILK,Skim	1 BAKED CHICKEN WINGS BAKED TOFU W.G. ROLL GREEN BEANS TANGERINES MILK,1% Lowfat MILK,Skim	2 PASTA W/MEATSAUCE PASTA W/PARMESAN CHEESE CAESAR SALAD APPLES MILK,1% Lowfat MILK,Skim	3 CAESAR SALAD W/CHICKEN CAESAR SALAD W/EGG BAKED BEANS PEACHES,FRESH MILK,1% Lowfat MILK,Skim

*Menu Subject to Change.