



WATERLOO ELEMENTARY SCHOOLS

Zahnow—Rogers-Gardner

October 2018

	2nd Mon	Tue	Wed	Thu	Fri
SS UA NN BD T R	1 Cheese Pizza Garden Salad and Mixed Fruit BREAKFAST: Donut with Fruit	2 Cheese Burger Oven Fries and Orange Smiles BREAKFAST: Cereal Bar with Fresh Fruit	3 Chix O's w/ Goldfish Crax Green Beans and Pineapple Tidbits BREAKFAST: Mini Pancakes with Fruit Cup	4 Mini Corn Dogs Baby Carrots and Cinnamon Applesauce BREAKFAST: Cinnamon Roll with Fruit	5 NO SCHOOL
LS UT NA CC HK R	8 COLUMBUS DAY 	9 Popcorn Chix Cheez Its Crax Green Beans and Mixed Fruit BREAKFAST: Donut and Fruit	10 BBQ Riblet on Bun Corn and Applesauce BREAKFAST: Breakfast Muffin and Fruit Cup	11 Macho Nachos Refried Beans and Peach Cup BREAKFAST: French Toast and Fruit	12 Chix Alfredo w/ Breadstix Garden Salad and Pears BREAKFAST: Breakfast on a Stix w/ Fruit
TW UR RA KP E Y	15 Chix Nuggets w/ Goldfish Crax Smiley Fries and Peach Cup BREAKFAST: Donut with Fruit Cup	16 Pepperoni Pizza Green Beans and Applesauce BREAKFAST: Sausage and Egg Biscuit with Fruit	17 Chicken Sliders Baby Carrots and BREAKFAST: Pancakes and Fruit BIRTHDAY TREAT	18 Cheezy Nacho Refried Beans and Mixed Fruit BREAKFAST: Bagel with Cream Cheese and Fruit	19 Fish Shape Sandwich Grapes and Garden Salad BREAKFAST: Waffle Stix with Fruit
GC RH IE LE LS EE	22 Beef Sliders Oven Fries and Mixed Fruit BREAKFAST: Donut with Fruit	23 Bosco Stix with Sauce Corn and Peach Cup BREAKFAST: Funnel Cake with Fruit	24 Mini Corn Dogs Celery with Ranch and Chilled Pineapple BREAKFAST: Muffin with Fruit	25 Soft Chix Tacos Black Bean Salad and Fruit Slush BREAKFAST: Cinnamon Roll with Fruit	26 Spaghetti with Meat Sauce and Breadstix Garden Salad and Pears BREAKFAST: Breakfast on a Stix w/ Fruit
GD OE LL DI F H	29 Chix Strips w/ Cheez it Crax Smiley Fries and Peach Cup BREAKFAST: Donut with Fruit Cup	30 Cheese Burger Oven Fries and Orange Smiles BREAKFAST: Muffin with Fresh Fruit	31 Hotdog on Bun Green Beans and Pineapple Tidbits BREAKFAST: Mini Pancakes with Fruit Cup		