




Waterloo Jr. High School

Home of the Bulldogs

October 2016



Mon	Tue	Wed	Thu	Fri
<p>3 Delux Hamburger or Popcorn Chix Celery w/ Peanutbutter and Mixed Fruit BREAKFAST: Donut with Fruit or Nature Valley Choc Chip Granola Bar</p>	<p>4 Toasted Ravioli or Ham and Cheese Deli on Pretzel Bun Orange Slices and Broccoli w/ Ranch BREAKFAST: Biscuits with Gravy and Fruit</p>	<p>5 Roast Pork Dinner or Pepperoni Pizza Corn and Peaches BREAKFAST: Muffin with Fruit</p>	<p>6 Macho Nacho or Turkey Deli Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit</p>	<p>7 NO SCHOOL</p> 
<p>10 COLUMBUS DAY</p> 	<p>11 Cheeseburger or Chicken Patty on Bun Apple Slices and Sweet Potato Fries BREAKFAST: YOPLAIT GO BIG(stwb) with Fruit</p>	<p>12 Salsibury Steak or Cheese Pizza Green Beans and Applesauce BREAKFAST: Bagels and Cream Cheese with Fruit</p>	<p>13 Turkey Deli or Taco Salad Refried Beans and Grapes BREAKFAST: Cinnamon Rolls with Fruit</p>	<p>14 Spaghetti with Meatsauce and Breadstix or Chix O's Pasta House Salad and Mixed Fruit BREAKFAST: Pancakes with Fruit</p>
<p>17 Sloppy Joe or Chicken Nuggets Tater Tots and Fresh Apples BREAKFAST: Donut with Fruit or Nature Valley Smores Granola Bar</p>	<p>18 Chix Fajita or Ham and Cheese on Pretzel Bun Oranges and Steamed Carrots BREAKFAST: Scrambled Eggs with Toast and Sausage</p>	<p>19 White Chili w/ 1/2 Peanutbutter Sand. Or Pepperoni Pizza Celery w/ Peanutbutter and Grapes BREAKFAST: Breakfast Muffin with Fresh</p>	<p>20 Soft Tacos or Turkey Deli Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit</p>	<p>21 Rotini with Meatsauce or Fish Sandwich Garden Salad and Mixed Fruit BREAKFAST: French Toast with Fruit</p>
<p>24 Cheeseburger or Mini Corn Dogs Apple Slices and Baked Beans BREAKFAST: Donut with Fruit</p>	<p>25 Bosco Stix with Meatsauce or Turkey Wrap Celery w/ Ranch and Orange Smiles BREAKFAST: Sausage and Egg Biscuit</p>	<p>26 Taco Soup w/ 1/2 Peanutbutter Sand. or Cheese Pizza Carrots with Ranch and Banana BREAKFAST: Bagel w/ Cream Cheese and Fruit</p>	<p>27 NO SCHOOL</p> 	<p>28 NO SCHOOL</p>
<p>31 Delux Hamburger or Popcorn Chix Steamed Carrots and Mixed Fruit BREAKFAST: Donut with Fruit</p>	