

OABCIG Breakfast Menu

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Milk choice, fruit and juice served daily.	Pancakes w/cinnamon glaze	Apple Frudel IG Ele-Cereal/Toast	Breakfast Wrap	Cinnamon Pretzel Stick Yogurt	Egg Patty Bacon Round WG Toast	
7	8	9	10	11	12	13
	Breakfast Pizza	Mini Bagel IG Ele-Cereal/Toast	Cheese Omelet WG Toast	Muffin Choice Yogurt	Scrambled Eggs WG Toast	
14	15	16	17	18	19	20
	Sausage Pancake Wrap	Pop Tart/Yogurt IG Ele-Cereal/Toast	Breakfast Wrap	Glazed Donut	Egg Patty Bacon Round WG Toast	
21	22	23	24	25	26	27
	Breakfast Pizza	Cereal Bar Yogurt	Cheese Omelet WG Toast	Ultimate Breakfast Round	No School	
28	29	30	31			
	Mini Cinni	Pancakes w/cinnamon glaze IG Ele-Cereal/Toast	Egg & Cheese Burrito			

This institution is an equal opportunity provider and employer.

Cereal & Toast option offered daily at Odebolt and the High School.

Menu is subject to change without notice.

OABCIG Lunch Menu

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Milk Choice: 1%, Skim, Skim Chocolate	Grilled Chicken/WG Bun Spinach Salad Corn Peaches Fresh Apple	Tavern/WG Bun Ele-Baby Carrots, Celery, Cucumbers Sweet Potato Tots #Salad/Vegie Sticks Mixed Fruit Fresh Orange	Turkey & Cheese Sandwich Ele-Salad Mixed Vegetables #Salad/Vegie Sticks Apricots Fresh Apple	Pork Patty/WG Bun Ele- Broc/Caulif Salad Texas Beans #Salad/Vegie Sticks Strawberries & Bananas Fresh Orange	Lasagna Ele-Tossed Salad Peas #Salad/Vegie Sticks Breadstick Mandarin Oranges Fresh Apple	
7	8	9	10	11	12	13
	Taco-in-a-Bag Lettuce, Tomato Cheese, Salsa Corn Pears Fresh Orange	Cheeseburger Ele-Baby Carrots, Ch Tom, Peppers Baked Beans #Salad/Vegie Sticks Jonny Pop Mixed Melon Fresh Pear	Chicken Tenders Ele- Salad Cooked Carrots #Salad/Vegie Sticks Ele/MS- Goldfish Peaches Fresh Apple	French Bread Pizza Caesar Salad Peas Pineapple Fresh Banana	Chicken Patty/WG Bun Ele-Cucumbers, Baby Carrots Green Beans #Salad/Vegie Sticks Applesauce Cup Fresh Orange	
14	15	16	17	18	19	20
	Hot Dog/WG Bun Ele-Green Beans Smiley Fries #Salad/Vegie Sticks Mandarin Oranges Fresh Apple	Mandarin Chicken Ele/HS-Broc-Caulif Salad MS-Vegie Sticks Cooked Carrots Brown Rice Pears Fresh Orange	BBQ Pork Rib/WG Bun Ele-Salad Peas #Salad/Vegie Sticks Pineapple Fresh Apple	Fajita Chicken Taco Peppers, Lettuce, Tomato, Cheese Salsa Taco Fiesta Beans Applesauce Fresh Banana	Chicken Leg Ele-Marinated Fresh Vegie Salad Corn #Salad/Vegie Sticks Dinner Roll/Butter Mixed Fruit Fresh Orange	
21	22	23	24	25	26	27
	French Toast Sticks Sausage Ele-Baby Carrots, Celery Hash Brown #Vegie Sticks Peaches Fresh Apple	BBQ Shredded Beef/WG Bun Ele-Cherry tom. Cucumbers String Cheese Baked Beans #Salad/Vegie Sticks Sidekicks Fresh Orange	Chicken Nuggets Ele-Salad Peas #Salad/Vegie Sticks Rick Krispy Bar Apricots Fresh Apple	Peperoni Pizza Ele-Broc-Caulif Salad HS-Caesar Salad MS-Salad/Vegie Sticks Green Beans Applesauce Cup Fresh Pear	No School	
28	29	30	31			
	Teriyaki Chicken/WG Bun Ele-Fruitables Juice Broccoli w/Cheese #Salad/Vegie Sticks Pineapple Fresh Apple	Chili Ele-Baby Carrots, Celery #Vegie Sticks Cinnamon Roll Saltine Applesauce Fresh Orange	Hot Ham & Cheese Ele- Salad Mixed Vegetables #Salad/Vegie Sticks Jonny Pop Mixed Fruit Fresh Apple		HS-High School MS-Odebolt Ele-Ida Grove	

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* Available at the high school only

#Odebolt and High School

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