

KEOWA TEN MILE RIVER - MENU 2018
CYCLE A
KEOWA WEEKS 1,3,5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Syrup Sausage Cereal OJ Milk PB&J	Scrambled Eggs Homefries Coffee Cake Cereal Apple Juice Milk PB&J	French Toast Syrup Ham Cereal OJ Milk PB&J	Western Omelette Hashbrowns Cereal Apple Juice Milk PB&J	Pancakes Syrup Bacon Cereal OJ Milk PB&J	Continental Breakfast Pastrys/Fruit Cereal Apple Juice Milk PB&J
	Brunch 10:30-1						
Lunch	Asst Pastries Cereal Fresh fruit Hot Lunch items	Chicken Nuggets W/ BBQ Sauce French Fries Cookies PB&J Milk Beverage	Sloppy Joes Soft Rolls Tater Tots Pickle Spear Pudding PB&J Milk Beverage	Chicken Patties Hamburg Bun Pretzels Pudding PB&J Milk Beverage	Grilled Cheese Sandwiches Potato Chips Brownies PB&J Milk Beverage	Pizza Cheese & Pepperoni Potato Chips Cookie PB&J Milk Beverage	Meatball Hoagie Hogie Bun Tater Tots Large Cookie PB&J Milk Beverage
Dinner	Turkey W/ Mashed Potato Gravy Corn Apple Pie PB&J Milk Beverage	Chicken Pasta Bake Garlic Bread Broccoli Garlic Bread PB&J Milk Beverage	Roasted Pork Roasted Potato Green Beans Applesauce Cookies PB&J Milk Beverage	BBQ Chicken Baked Beans Veggies Cake W/Icing PB&J Milk Beverage	Pasta Chicken Patty Parm Veggies Garlic Bread Cake PB&J Milk Beverage	Camp BBQ Hamburgers Hotdogs Sweet Corn Potato Chips Watermelon Milk Beverage	Baked Ziti W/ Meatsauce Broccoli Fresh Bread Pudding PB&J Milk Beverage

Menu Subject To Change

Fresh Salad Bar available @ Lunch & Dinner Meals

Fresh Fruit Available @ All meals

Bread, PB&J Available @ All meals

KEOWA TEN MILE RIVER - MENU 2018

CYCLE B

KEOWA WEEKS 0,2,4,6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		Pancakes Syrup Sausage Cereal OJ Milk PB&J	Scrambled Eggs Homefries Coffee Cake Cereal Apple Juice Milk PB&J	French Toast Syrup Ham Cereal OJ Milk PB&J	Western Omelette Hashbrowns Cereal Apple Juice Milk PB&J	Pancakes Syrup Bacon Cereal OJ Milk PB&J	Continental Breakfast Pastrys/Fruit Cereal Apple Juice Milk PB&J
	Brunch 10:30-1						
Lunch	Asst Pastries Cereal Fresh fruit Hot Lunch items	Chicken Nuggets W/ BBQ Sauce Mac & Cheese Brownies PB&J Milk Beverage	Tacos Soft Taco Shell Spanish Rice Tom/Lett/Cheese Corn Bread PB&J Milk Beverage	Pizza Cheese & Pepperoni Potato Chips Cookies PB&J Milk Beverage	Chicken Patties Hamburg Bun Pretzels Pudding PB&J Milk Beverage	Grilled Cheese Sandwiches Tater Tots Applesauce PB&J Milk Beverage	Chicken pattie Parm Hamburg Bun Pretzels Large Cookie PB&J Milk Beverage
Dinner	Roast Beef W/Gravy Mashed Potato Green Beans Dessert PB&J Milk Beverage	Sausage & Peppers Rice Veggies Baked Dessert PB&J Milk Beverage	Pasta Chicken Patty Parm Veggies Garlic Bread Cake PB&J Milk Beverage	Turkey Mashed Pot Gravy Corn Baked Dessert PB&J Milk Beverage	Pulled Pork Macaroni Cheese Bake Corn Bread Veggie Garlic Bread PB&J Milk Beverage	Camp BBQ Hamburgers Hotdogs Sweet Corn Potato Chips Watermelon Milk Beverage	Baked Ziti W/ Meatsauce Broccoli Garlic Bread Cake PB&J Milk Beverage

Menu Subject To Change

Fresh Salad Bar available @ Lunch & Dinner Meals

Fresh Fruit Available @ All meals

Bread, PB&J Available @ All meals