

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

Cinnamon Swirlz

2

Breakfast Pizza

3

Ham and Cheese  
Sandwich

4

Chef's Choice

7

Cereal Bowl

8

Sausage and  
Cheese Bagel

9

Blueberry Pancakes

10

Breakfast Sliders

11

Chef's Choice

14

NO  
SCHOOL

15

Cereal Bowl

16

Egg and Cheese  
Sandwich

17

Sausage and Egg  
Taco

18

Chef's Choice

21

Cereal Bowl

22

Confetti Pancakes

23

Breakfast Tornado

24

French Toast

25

Chef's Choice

28

Cereal Bowl

29

Maple Pancakes

30

Breakfast Burrito

31

Cereal Bowl

# OCTOBER 2019

## Steger Intermediate Center

Menu is subject to change.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Beef and Cheese Taco  
OR  
Cheese Quesadilla

**1**

Black Eyed Peas  
Fruit  
Milk

Chicken Ala King  
OR  
Ham Sub

**2**

Sliced Tomatoes  
Fruit  
Milk

Oven Fried Chicken Leg  
OR  
Turkey Cheese Wrap

**3**

Broccoli  
Fruit  
Milk

Cheese Pizza  
OR  
Jammer

**4**

Corn  
Fruit  
Milk

Chicken Tenders  
OR  
Mini Corn

**7**

Green Peas  
Fruit  
Milk

Beef and Cheese Twister  
OR  
Chili Cheese Wrap

**8**

Black Beans  
Fruit  
Milk

BBQ Pizza Wedge  
OR  
Turkey Sub

**9**

Spinach Salad  
Fruit  
Milk

Meatball Sub  
OR  
Ham and Cheese Sandwich

**10**

Sweet Potato Fries  
Fruit  
Milk

Pepperoni Pizza  
OR  
Jammer

**11**

Cauliflower  
Fruit  
Milk

NO  
SCHOOL

**14**

Beef and Bean Burrito  
OR  
Chicken Taco

**15**

Pinto Beans  
Fruit  
Milk

Hamburger  
OR  
Italian Sub

**16**

Sliced Red Pepper  
Fruit  
Milk

Toasted Cheese Sandwich  
OR  
Ham and Cheese Wrap

**17**

Romaine Salad  
Fruit  
Milk

Sausage Pizza  
OR  
Jammer

**18**

Corn  
Fruit  
Milk

Chicken Nuggets  
OR  
Mini Corn Dogs

**21**

Brussel Sprouts  
Fruit  
Milk

Nacho W/ Meat and Cheese  
OR  
Beef and Cheese Taco

**22**

Refried Beans  
Fruit  
Milk

Spaghetti W/ Meat Sauce  
OR  
Ham Sub

**23**

Collard Greens  
Fruit  
Milk

Bosco Sticks  
OR  
Turkey Roll-Up

**24**

Carrot Sticks  
Fruit  
Milk

Cheese Pizza  
OR  
Jammer

**25**

Peas  
Fruit  
Milk

Chicken Tenders  
OR  
Hotdog

**28**

Broccoli  
Fruit  
Milk

Taco Pie  
OR  
Chicken and Cheese Quesadilla

**29**

Black Beans  
Fruit  
Milk

Macaroni and Cheese  
OR  
Turkey Sub

**30**

Mashed Potato  
Fruit  
Milk

**31**

NO  
LUNCH  
SERVED