

# WIDE RUINS COMMUNITY SCHOOL ~ FOOD SERVICE PROGRAM

**OCTOBER 2023**

## ~BREAKFAST MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
Cereal Golden Grahams, Toast w/Jelly cup, Fruit Cup, Milk 1% or Milk Choc. Fat Free	Egg/Cheese Brkfst Sandwich, Apple Wedges, Milk 1% or Choco Fat Free	Scrambled Eggs, Turkey Bacon, Hash Browns, Melon chunks, Wheat Toast, Milk 1% or Choco Fat Free Milk	Fried Potatoes w/Corn Beef, 6" Whole Wheat Tortilla, Fruit Chunks, Milk 1% or Choco Fat Free Milk	Eggs scrambled, Bacon, Wheat Toast w/butter cup, grapefruit sections, Milk 1% or Milk Choco Fat-Free
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
<b>FALL BREAK - DEEP CLEANING / DISINFECTING / INVENTORY</b>				
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
Breakfast Sausage Pizza, Fresh Fruit, Milk 1% or Choco. Fat Free Milk	Cream of Wheat, Toast w/jelly cup, Mandarin Orange w/Kiwi slices, Milk 1% or Choco. Fat Free Milk	Breakfast Bar Ham, Egg & Cheese, Fruit Cup, Milk 1% or Choco Fat-Free Milk	Pancake W/G HeatnServe, Sausage Link, Grapes, Milk 1% or Milk Choco Fat-Free	Blue Corn Pancake w/syrup cup, Sausage link (2), Banana, Milk 1% or Choco Fat Free Milk
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
Blue Corn Mush, Whole Banana, Wheat Toast, Milk 1% or Choco Fat Free Milk	Boiled Egg (2), Whole Wheat Toast w/Jelly cup, Turkey Bacon, Fresh Fruit, Milk 1% Or Choco Fat Free Milk	Whole Wheat Bagel, Cream Cheese, Sausage Patty, Peach halves, Milk 1% or Choco Fat Free Milk	Fried Potatoes w/Spam, Tortilla, Fruit Cup, Milk 1% or Choco Fat Free Milk	Biscuit and Sausage Gravy, Hash Brown Square, Mixed Fruit Cup, Milk 1% or Choco. Fat Free Milk

*WRCS is an equal opportunity establishment.*

*Ph. 928-652-3251 ext. 118 / 131*