

## Cove School District-October Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday
<b>2<sup>nd</sup></b> <b>Breakfast-</b> Muffin or Bagel, yogurt, fruit and Milk <b>Lunch-</b> Chicken Fried Steak or Grilled Chicken, mashed potatoes w/ gravy, rolls, fruit & veggie bar and Milk	<b>3<sup>rd</sup></b> <b>Breakfast-</b> Maple Bar or Bagel, yogurt, fruit and Milk <b>Lunch-</b> Hamburger or Cheeseburger, chips, baked beans, fruit & veggie bar and Milk	<b>4<sup>th</sup></b> <b>Breakfast-</b> Biscuits and Gravy, boiled eggs, fruit and Milk <b>Lunch-</b> Beef Chili or Chicken Enchilada Soup, choice of bread, fruit & veggie bar and Milk, <b>BirthDay Cake!!!</b>	<b>5<sup>th</sup></b> <b>Breakfast-</b> Mini Pancakes or Waffles, fruit and Milk <b>Lunch-</b> Cheesy Quesadillas, tater tots, fruit & veggie bar and Milk
<b>9<sup>th</sup></b> <b>Breakfast-</b> Pancake and Sausage Dipper, fruit and Milk <b>Lunch-</b> Choice of Taco (Beef or Chicken Fajita) Spanish rice, muffins, fruit & veggie bar and Milk	<b>10<sup>th</sup></b> <b>Breakfast-</b> Biscuits and gravy, boiled eggs, fruit and Milk <b>Lunch-</b> BBQ Chicken, Meatball or Deli on a Sub, chips, fruit & veggie bar, cookies and Milk	<b>11<sup>th</sup></b> <b>Breakfast-</b> Cinnamon Roll or Bagel, yogurt, fruit and Milk <b>Lunch-</b> Cheesy Lasagna Rolls or Spaghetti, garlic bread, fruit & veggie bar and Milk	<b>12<sup>th</sup></b> <b>Breakfast-</b> French Toast Sticks, yogurt, fruit and Milk <b>Lunch-</b> Pigs-in-a-blanket, baked beans, tater tots, fruit & veggie bar and Milk
<b>16<sup>th</sup></b> <b>Breakfast-</b> Mini Cinni or Cherry Frudel, yogurt, fruit and Milk <b>Lunch-</b> Cheeseburger Potato or Ham & Cheese Potato Casserole, rolls, fruit & veggie bar and Milk	<b>17<sup>th</sup></b> <b>Breakfast-</b> Biscuits and gravy, boiled eggs, fruit and Milk <b>Lunch-</b> Chicken w/ Noodles or Beef w/ Noodles, garlic bread, fruit & veggie bar, brownies and Milk	<b>18<sup>th</sup></b> <b>Breakfast-</b> Maple Bar or Bagel, yogurt, fruit and Milk <b>Lunch-</b> Chinese Buffet (Mandarin Chicken or Fish Sticks) fried rice, fortune cookies, fruit & veggie bar and Milk	<b>19<sup>th</sup></b> <b>Breakfast-</b> Mini Pancakes or Waffles, fruit and Milk <b>Lunch-</b> yogurt, fruit and Milk <b>Lunch- Stromboli Day!</b> Ham & Cheese Stromboli, tomato soup, fruit & veggie bar and Milk
<b>23<sup>rd</sup></b> <b>Breakfast-</b> French Toast Sticks, yogurt, fruit and Milk <b>Lunch-</b> Grilled Chicken or Sausage, biscuits and gravy, fruit & veggie and Milk	<b>24<sup>th</sup></b> <b>Breakfast-</b> Biscuits and gravy, boiled eggs, fruit and Milk <b>Lunch-</b> Chili-beef or Mexi-Chicken Enchilada Casserole, Spanish rice, cornbread muffins, fruit & veggie bar and Milk	<b>25<sup>th</sup></b> <b>Breakfast-</b> Mini Cinnis or Cherry Frudel, yogurt, fruit and Milk <b>Lunch-</b> Clam Chowder or Chicken Chowder, garlic bread, fruit & veggie bar, cookies and Milk	<b>26<sup>th</sup></b> <b>Breakfast-</b> Mini Pancakes or Waffles, fruit and Milk yogurt, fruit and Milk <b>Lunch-Pizza Day !!!</b> strawberry jello cup, fruit & veggie bar and Milk
<b>30<sup>th</sup></b> <b>Breakfast-</b> Pancake and Sausage Dipper, fruit and Milk <b>Lunch-</b> Nacho Bar (Chili or Mexi-Chicken and cheese), Spanish Rice, muffin, fruit & veggie bar and Milk	<b>31<sup>st</sup></b> <b>Breakfast-</b> Maple Bar or Pastry, yogurt, fruit and Milk <b>Lunch-</b> Breaded Chicken or Pork on a Bun, baked beans, chips, fruit & veggie bar and Milk		

**Daily Lunch Prices**

K-5            \$2.50  
 6-12          \$3.00  
 Adult         \$3.60

**Breakfast Prices**

\$2.35/day for all ages

**Milk-** \$.50    **Second Servings-** \$.50

**Protein alternatives** - yogurt, string cheese or peanut butter. Cereal is offered with breakfast daily. Juice may be requested for those who don't drink milk.

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