



# October 2019

## Indian Wells Pre-K Breakfast / Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Juice served Every Breakfast  Milk served at every meal	Food Services 928.524.6144 Ext 7013  wmclaws1@holbrook.k12.az.us	1 Oatmeal Blueberries  Crispy Chic Sand Spiral fries Apple Sauce	2 SEC Biscuit Hashbrown Cantaloupe  Spaghetti, Green Beans Cantaloupe, Roll	3 Toasted English Muffin, Orange <u>Smiles</u> ,  Salisbury Steak Mshd Pot Gravy, Oranges, Zucchini, Dinner roll	4  No School	5
6	7 French Toast Sausage ,Apples  Corn Dog Tater Tots Apples	8 Scrambled Eggs Hash Biscuit, Oranges  Turkey Sandwich Oven Fries Oranges	9 HEC Muffin Hashbrown Peaches  Mac & Cheese, California Mix, Peaches, Roll	10 Toasted Bagel Smoothie Banana  Breakfast Only	11  No School	12
13	14	15	16	17	18	19
— Fall Break — No School —						
20	21 Pancake Apple Sauce  Cowboy Stew, Corn, Corn Bread Apples	22 Cream Of Wheat Blueberries  Ham Sandwich Spiral Fries Orange	23 SEC Croissant Hashbrown Pears  Crispy Chic Sand Steak Fries Pears	24 Bagel Smoothie peaches  Meat Loaf Msh{Pot/Grvy Roll, Mixed Veg- gies, Peaches	25  No School	26
27	28 Breakfast Burrito, Pears  Cheeseburger Oven Fries Pears	29 Ham Omelets Hashbrowns Biscuit, Banana  Beef Taco, Spanish Roice, Refried Bean, Banana	30 BEC Crossiant Hashbrown Wa- termelon  Chic Alfredo, Green Beans, Roll, Watermelon	31 Bagel Smoothie, Berry Cups  Chic Tender, MSD Pot ,Grvy, Bread Stick, Ber- ry Cups	ALL meal will be served with 1% or Fat Free regular Milk. Flavored Milk is not allowed	Governing Board Meeting October 2nd at the Indian Wells Elementary School 6pm

This institution is an equal opportunity provider