

Copopa/CMS Menu

October, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Biscuit ³⁰ Breaded Chicken Sandwich or Corndog, Thunder Fries BBQ Baked Beans, Fruit	Mini Powdered Donuts ¹ Hamburger or Cheese burger or Meatball Sub, Potato Smiles, California Blend, Fruit	Breakfast Pizza ² Chicken Nugget or Salisbury Steak W/Brown Gravy Green Peas, Mashed Potatoes, Fruit	Apple Frudel Pastry ³ Spaghetti and Meat Sauce or Ham and Cheese Melt, Season Green Beans, Garden Salad, Fruit	French Toast with Sausage Link ⁴ Taco Soup or Pepperoni Pizza or Cheese Pizza, Corn, Broccoli, Fruit
Sausage Biscuit ⁷ Pork Chop or Beef Dippers Baby red Potatoes, Parmesan Broccoli, Fruit	Double Chocolate Chip Muffins ⁸ Mac and Cheese or Chicken Parmesan, Seasoned Green Beans, Glazed Carrots, Fruit	Pancake on a Stick ⁹ Hot Dog on Bun or Cheese Pizza or Pepperoni Pizza, Crinkle Fries, Sweet Potatoes, Salad, Fruit	Bacon, Egg and Cheese Biscuit ¹⁰ Mini Burger Slider or BBQ Nachos Seasoned Potato Wedge, BBQ Beans, Fruit	NEOEA Day - No School ¹¹
Cocoa Puff Soft Bar ¹⁴ Chicken Nuggets or Beef Dippers, Ranch Taters, Green Peas, Fruit	French Toast and Sausage Link ¹⁵ BBQ Sandwich or Breaded Cheese Sticks, Green Beans, Baby Carrots, with Dip, Fruit	Cherry Filled Frudel ¹⁶ Pepperoni Pizza or Cheese Pizza or Meatball Sub, Corn, Raw Veggie Combo, Fruit	Ham, Egg and Cheese Biscuit ¹⁷ Turkey Bacon Melt or Twisted Lasagna, Garden Salad, Broccoli and Cheese, Salad, Fruit	Chicken Biscuit ¹⁸ Hamburger or Cheese Burger or Fish Sandwich, Thunder Fries, BBQ Beans, Fruit
Bacon, Egg and Cheese Biscuit ²¹ Queso Nachos or Queso Chicken Nachos, Refried Beans, Corn, Fruit	French Toast and Sausage Links ²² Oven Fried Chicken or Meatloaf, Garlic Cheesy Potatoes, Green Beans, Fruit	Mini Chocolate Iced Donuts ²³ Shrimp and Fish Basket or BBQ Sandwich, Baked Potato, Cole Slaw, Great Northern Beans, Fruit	Sausage Biscuit ²⁴ Homestyle Chicken Bowl or Pork Chop, Broccoli and Cheese, Salad, Fruit	Scrambled Eggs and Sausage with Toast ²⁵ Frito Casserole or Hot Dog on Bun, Tater Tots, Baby Carrots W/ Dip, Fruit
Chicken Biscuit ²⁸ Breaded Chicken Sandwich or Corn Dog, Thunder Fries, BBQ Beans, Fruit	Mini Powdered Donuts ²⁹ Hamburger or Cheese Burger, Meatball Sub, Potato Smiles, California Blend, Fruit	Breakfast Pizza ³⁰ Chicken Nugget or Salisbury Steak, W/ Brown Gravy, Peas, Mashed Potatoes, Fruit	Apple Frudel ³¹ Spaghetti and Meat Sauce or Ham and Cheese Melt, Green Beans, Salad, Fruit	

Breakfast - Cereal available every day instead of menu item.

Breakfast served with choice of fruit or fruit juice and choice of milk.

Milk choices - 1% white, fat-free chocolate, fat-free strawberry.



Meal Pricing:

Breakfast \$1.50

Lunch \$3.50

Milk only \$.50

Reduced-Price Breakfast \$.30

Reduced-Price Lunch \$.04

This institution is an equal opportunity provider