

# CATO-MERIDIAN SCHOOL MENU OCTOBER 2011



## Start Your Day OFF Right with Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Cereal w/ Wheat Toast	Waffles w/ Syrup	Egg Omelet Wheat Toast	Yogurt w/ Muffin	Breakfast Sandwich
YOGURT PARFAIT, CEREAL, & BAGELS WITH CREAM CHEESE OFFERED DAILY. ALL BREAKFAST ENTREES SERVED W/ 100% JUICE & CHOICE OF MILK.				



School Breakfast  
Price

\$1.25 for Students

School Lunch Price

\$1.50 for Students

\$3.00 for Adult Lunch

Milk .55

Ice Cream .60

Meals may include  
hot or cold  
vegetables with  
bread assortment.

All meals are served  
with a choice of milk  
(1% low fat, skim, or  
low fat chocolate)



## DAILY ENTREES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheeseburger Boiled Potatoes Peas Chilled Fruit	4 Soft Beef Taco Mexi-Rice Beans Chilled Fruit	5 Chicken Parmesan/Bun Tossed Salad Chilled Fruit	6 Sweet and Sour Chicken Oriental Vegetables Rice Pineapple	7 Crunchy Fish/Bun Tatar Tots Cole slaw Chilled Fruit
10 NO School Columbus Day	11 Chicken Nuggets Corn Dinner Roll Chilled Fruit	12 Hot Ham Cheese/Bun Mixed Vegetables Chilled Fruit	13 Spaghetti/Meat Sauce Tossed Salad Italian Bread Chilled Fruit	14 BBQ Rib/Bun Green Beans Chilled Fruit
17 Turkey Ranch Wrap Steamed Carrots Chilled Fruit	18 Steak and Cheese Sub Peas Chilled Fruit	19 French Toast Sticks Sausage Hash Brown Patty Juice	20 Cheese Pizza Pasta Salad Chilled Fruit	21 No School Staff Development Day
24 Beef Nachos Cheese Sauce Beans Chilled Fruit	25 Grilled Turkey Bacon and Cheese Mixed Vegetables Chilled Fruit	26 Meatball Sub Tossed Salad Chilled Fruit	27 Macaroni and Cheese Broccoli Whole Wheat Bread Chilled Fruit	28 BBQ Rib/Bun Corn Chilled Fruit
31 Mozzarella Sticks Marinara Sauce Garlic Sticks Green Beans Chilled Fruit				

## DAILY ALTERNATE ENTREE

Monday	Tuesday	Wednesday	Thursday	Friday
Nugget Lunch	Hamburger	Chicken Patty	Hot Dog-Elem/MS BBQ Riblet-HS	Cheese Pizza
PBJ-Plate is offered Daily				

## Salad Bar 4<sup>th</sup>-12<sup>th</sup> grade

Fresh Salad combination meals including daily alternates of: Salad Greens, Fresh Vegetables, Fruit & Accompaniments.

## Sandwiches

Freshly prepared sandwiches with assorted deli meats & cheese prepared on selected: Breads, Rolls and Wraps with Accompaniments

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**DID YOU KNOW: You can send in prepayment Lunch/Breakfast money at any time? We strongly encourage parents to prepay using checks, rather than cash. Your checks should be made payable to “Cato-Meridian School Lunch” and sent to the cafeteria.**

