

Central Community School System

OCTOBER 2019

Tanglewood Elementary

Monday
Tuesday
Wednesday
Thursday
Friday

Sausage, Egg & Cheese
Breakfast wrap
Fruit / Fruit Juice
Milk Choice

Dutch Waffle
Fruit / Fruit Juice
Milk Choice

Grits & Turkey Sausage Link
Fruit / Fruit Juice
Milk Choice

Donut
Fruit / Fruit Juice
Milk Choice

Muffin
Fruit / Fruit Juice
Milk Choice

Scrambled Eggs w/ Toast
Fruit / Fruit Juice
Milk Choice

Mini Pancakes
Fruit / Fruit Juice
Milk Choice

2 oz. Cereal
Fruit / Fruit Juice
Milk Choice

Waffles w/ Syrup
Fruit / Fruit Juice
Milk Choice

Frosted Pop tart & Yogurt
Fruit / Fruit Juice
Milk Choice

Breakfast Pizza
Fruit / Fruit Juice
Milk Choice

Sausage Biscuit
Fruit / Fruit Juice
Milk Choice

Cinnamon Toast
Fruit / Fruit Juice
Milk Choice

**Parent / Teacher
Conferences**

Fall Break

Pancakes w/ Syrup
Fruit / Fruit Juice
Milk Choice

Honey Bun
Fruit / Fruit Juice
Milk Choice

French Toast Sticks
Fruit / Fruit Juice
Milk Choice

Oatmeal w/ Toast
Fruit / Fruit Juice
Milk Choice

Cereal Bar & Yogurt
Fruit / Fruit Juice
Milk Choice

Cinnamon Toast
Fruit / Fruit Juice
Milk Choice

Dutch Waffle
Fruit / Fruit Juice
Milk Choice

Grits & Turkey Sausage Link
Fruit / Fruit Juice
Milk Choice

NOTE: MENUS ARE SUBJECT TO CHANGE

Notification Statement: Peanuts and Peanut Products are not purchased for meals produced by the Central Community School System Child Nutrition Program; however, some products served may contain nuts and some products may be produced in plants that use nuts and may contain traces of nuts.