

## School menu

Written by Holyoke Enterprise

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### Oct. 1-5

#### Elementary Breakfast

Monday, Oct. 1: Breakfast burrito or cereal choice with yogurt, fruit cocktail, milk.

Tuesday, Oct. 2: Ham and cheese muffin or muffin choice, pears, milk, juice.

Wednesday, Oct. 3: Sausage biscuit with gravy or cereal choice with cheese stick, peaches, milk.

Thursday, Oct. 4: Breakfast burrito or bagel with toppings, cinnamon apple slices, milk, juice.

Friday, Oct. 5: No school.

#### Elementary Lunch

Monday, Oct. 1: Whole grain beef and bean burrito, seasoned corn, fruit and veggie bar, milk.

Tuesday, Oct. 2: Breaded chicken patty, brown rice, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Oct. 3: Toasted cheese on whole wheat, seasoned broccoli, fruit and veggie bar, milk.

Thursday, Oct. 4: Savory beef and brown gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Oct. 5: No school.

### JR/SR High Breakfast

Everyday breakfast options: Breakfast burrito, breakfast bar with cheese stick, cereal choice with cheese stick or muffin/bagel of the day, milk, juice (Tuesday and Thursday only).

### JR/SR High Lunch

Monday, Oct. 1: Beef and bean burrito, seasoned corn, fruit and veggie bar, milk.

Tuesday, Oct. 2: Breaded chicken patty, brown rice, seasoned green beans, fruit and veggie bar, milk.

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Wednesday, Oct. 3: Toasted cheese on whole wheat, seasoned broccoli, fruit and veggie bar, milk.

Thursday, Oct. 4: Savory beef and brown gravy, dinner roll, mashed potatoes, fruit and veggie bar, milk.

Friday, Oct. 5: No school.

Holyoke Enterprise September 27, 2012