



*EQUAL OPPORTUNITY EMPLOYER

OCTOBER 2022

SYCAMORE ELEMNTARY

FULL PAY MEALS = \$2.40
REDUCED PAY MEALS = \$.40

DEPOSIT ON LINE AT:
hopkins.familyportal.cloud

Monday

A: POPCORN CHICKEN WITH POTATOES & GRAVY **3**
B: WARM PRETZELS & CHEESE
CUCUMBER SLICES
FRUIT & VEGGIE BAR
MILK

A: PASTA WITH MEAT SAUCE **10**
B: WARM PRETZEL & CHEESE
BROCCOLI
FRUIT & VEGGIE BAR
MILK

A: MACARONI & CHEESE **17**
B: WARM PRETZEL & CHEESE
BROCCOLI
FRUIT & VEGGIE BAR
MILK

A: PASTA ALFREDO **24**
B: WARM PRETZEL & CHEESE
BROCCOLI
FRUIT & VEGGIE BAR
MILK

1/2 DAY **31**
NO LUNCH
SERVED

Tuesday

A: DUTCH WAFFLE, SAUSAGE **4**
B: FRUIT & YOGURT PARFAIT
TOSSED SALAD
FRUIT & VEGGIE BAR
MILK

A: CHICKEN TACOS **11**
B: FRUIT & YOGURT PARFAIT
REFRIED BEANS
FRUIT & VEGGIE BAR
MILK

A: WALKING TACO **18**
B: FRUIT & YOGURT PARFAIT
REFRIED BEANS
FRUIT & VEGGIE BAR
MILK

A: SCRAMBLED EGGS, SAUSAGE & PANCAKE BITES **25**
B: FRUIT & YOGURT PARFAIT
CUCUMBER COINS
FRUIT & VEGGIE BAR
MILK

Wednesday

A: PEPPERONI PIZZA **5**
B: SUBMARINE SANDWICH
GLAZED CARROTS
FRUIT & VEGGIE BAR
MILK

A: MOZZARELLA CRISPERS **12**
B: SUBMARINE SANDWICH
SEASONED CORN
FRUIT & VEGGIE BAR
MILK

A: BOSCO STICKS **19**
B: SUBMARINE SANDWICH
BABY CARROTS
FRUIT & VEGGIE BAR
MILK

A: PERSONAL PIZZA **26**
B: SUBMARINE SANDWICH
BABY CARROTS
FRUIT & VEGGIE BAR
MILK

Thursday

A: CHICKEN DRUMSTICK **6**
B: PBJ WITH CHEESE STICK
FRENCH FRIES
FRUIT & VEGGIE BAR
MILK

A: TURKEY GRAVY & MASHED **13**
POTATOES
B: PBJ WITH CHEESE STICK
CELERY STICKS
FRUIT & VEGGIE BAR
MILK

A: CHICKEN NUGGETS **20**
B: PBJ WITH CHEESE STICK
SEASONED CORN
FRUIT & VEGGIE BAR
MILK

A: SWEET & SOUR CHICKEN **27**
B: PBJ WITH CHEESE STICK
SEASONED CORN
FRUIT & VEGGIE BAR
MILK

Friday

A: CHEESEBURGER **7**
B: NACHOS /CHEESE & SALSA
BAKED BEANS
FRUIT & VEGGIE BAR
MILK

A: CHICKEN PATTY ON A BUN **14**
B: NACHOS /CHEESE & SALSA
SWEET POTATO FRIES
FRUIT & VEGGIE BAR
MILK

A: BBQ RIBLET SANDWICH **21**
B: NACHOS /CHEESE & SALSA
GREEN BEANS
FRUIT & VEGGIE BAR
MILK

A: GRILLED CHEESE & TOMATO SOUP **28**
B: NACHOS /CHEESE & SALSA
BAKED BEANS
FRUIT & VEGGIE BAR
MILK

BREAKFAST IS SERVED DAILY AT 7:30 IN THE CAFETERIA!

A HOT ITEM AND A VARIETY OF COLD ITEMS WILL BE OFFERED DAILY

BREAKFAST FULL PAY = \$1.50, REDUCED PAY = \$.30

ALL BREAKFAST INCLUDES, FRUIT, JUICE AND MILK

*MENUS SUBJECT TO CHANGE