



OCTOBER

Please remember there is a **NO CHARGING** Policy in effect. Please call me if you **have questions about it. Money needs to be in your child(ren)'s account to have breakfast or lunch.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Bagel Cream Cheese Nachos Refried Beans Cheese, Salsa Cinnamon Apples	2 Muffin Pizza Salad Fresh Strawberries	3 Granola Bar Spaghetti Peas and Carrots Fresh Pears	4 Cereal Chicken Nuggets Baked Fries Fresh Vegetables Fresh Local Apples	<div style="text-align: center;"> Bigfork lunchroom News  All Breakfasts served with fruit and milk </div> <div style="background-color: #4a7ebb; color: white; padding: 5px; margin: 5px 0;"> BREAKFAST PRICES Grades K-6 \$1.25 7-12 1.50 K-12 Reduced .30 Adult \$1.75 MILK .35 </div> <p>LUNCHES must include</p> <p>3/4 cup fruit and/or vegetable to be a complete meal. Students need to take at least 3 of the 5 choices. 1 of the 3 choices must be 3/4 cup fruit and/or vegetable.</p> <p>Choices for the Lunch Tray include 1c milk, 1-2oz protein, 1-2oz grain, 1/2 c 1/4 cup vegetable, 1 cup fruit</p> <p>Salad Bar is offered Every Day</p> <div style="background-color: #76923c; color: white; padding: 5px; margin: 5px 0;"> LUNCH PRICES Grades K-6 \$2.25 7-12 2.75 K-12 Reduced .40 Adult \$3.25 MILK .35 </div>
7 Cereal Sweet&Sour Chicken Seasoned Rice Stir Fried Veggies Mandarin Oranges	8 Bagel Cream Cheese Tuna Noodle Crunch Fresh Salad Cinnamon Apples	9 Muffin Pizza Fresh Vegetables Blueberries	10 Granola Bar BBQ Pork Sandwich Potato Salad Fresh Strawberries	11 Cereal Chicken Fajita Cheese, Salsa Mixed Fruit	
14 Cereal Chicken Pot Pie Bisquit Fresh Salad Bar Sliced Pears	15 Bagel Cream Cheese Egg Rolls Yellow Curry Rice Stir Fried Veggies Mandarin Oranges	16 Muffin Pizza Salad Fresh Local Apple	17 NO SCHOOL	18 NO SCHOOL	
21 Cereal Chicken Lo Mein Fresh Veggies Fresh Apple Fortune Cookie	22 Bagel Cream Cheese Whole Grain Chicken Corn Dog Potato Wedges Fresh Orange Slices	23 Muffin Pizza Fresh Vegetables Strawberries	24 Granola Bar Ham & Scalloped Potatoes Fresh Veggies Pears	25 Cereal Mac and Cheese Peas and Carrots Apple Crisp	
28 Cereal Cuban Chicken Black Beans Seasoned Rice Salad Bar Sliced Peaches	29 Bagel Cream Cheese Beef Taco Black Beans Lettuce Cheese Salsa Pears	30 Muffin Pizza Salad Applesauce	31 Cinnamon Roll Breakfast for Lunch Sausage Links Yogurt Blueberries	2 29	
	Harvest of the month APPLES			CONTACT INFORMATION: Roger Vanlandingham Food Service Director ☎837-7400 Ext.4037 rvanlandingham@bigfork.k12.mt.us	

All items subject to change, depending on availability