

October 2021

Morning Sun Elementary

NATIONAL SCHOOL LUNCH WEEK 11-15

Monday	Tuesday	Wednesday	Thursday	Friday
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Milk Served With All Meals	Cereal/Toast Fruit/Juice Served Daily			Ring Donut ----- Pizza Tossed Salad Tomatoes Grapes Cookie Cup
4	5	6	7	8
Breakfast Pizza ----- Hot Dog/Bun Cottage Cheese Potato Wedges Carrots Pears	French Toast Sticks ----- Soft Taco Lettuce/Tomato Spanish Rice Refried Beans Pineapple	Sausage/Hash Brown ----- Beef & Noodles Mashed Potatoes Green Beans Apple Wedges Cinnamon Roll	Waffle ----- Spaghetti Pepper Strips Carrots Garlic Bread Peaches	Little Smokies ----- Pizza Bites Tossed Salad Cucumbers Marinara Slushie
11	12	13	14	15
Scrambled Eggs ----- Popcorn Chicken Tater Tots Broccoli Apple Wedges	Biscuits & Gravy ----- Stromboli Oven Fries Marinara Mixed Fruit	Long John ----- Pasta Dippers Little Smokies Carrots Marinara Cheese Sauce Orange Wedges	Egg Patty ----- Chicken Tetrizzini Tossed Salad Cucumber Garlic Bread Mandarin Oranges	Cini Mini ----- Sloppy Joe Oven Fries Baked Beans Slushie Choc. Chip Cookie
18	19	20	21	22
Lil John ----- Chicken Tenders Tater Tots Pepper Strips Applesauce	Yogurt/Granola Bar ----- Corn Dog Hash Brown Baked Beans Peaches Cookie	Ring Donut ----- Meatballs Mac & Cheese Broccoli Cucumbers Pears	Breakfast Pizza ----- Orange Chicken Savory Rice Stir Fry Veggies Carrots Pineapple	French Toast Sticks ----- Pizza Tossed Salad Cherry Tomatoes Apple Wedges Cookie Cup
25	26	27	28	29
Sausage/Hash Brown ----- Cheese Breadsticks Tossed Salad Carrots Mandarin Oranges	Waffle ----- Walking Taco Lettuce/Tomato Refried Beans Pineapple Graham Snack	Little Smokies ----- Hamburger/Bun Lettuce/Tomato Potato Wedges Orange Wedges	Scrambled Eggs ----- Chicken & Noodles Mashed Potato Green Beans Applesauce Cookie	Biscuits & Gravy ----- Pizza Burger Corn Carrots Slushie

Menu Subject To Change Without Notice

It is the policy of the Morning Sun Community School District not to legally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age, marital status, sexual orientation, gender identity and socioeconomic status in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Alaura Rappenecker, Counselor, 319.868.7701 or alaura.rappenecker@mscsd.org

