

# October 2025

## Morning Sun Elementary Breakfast - Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<b>Milk Served With All Meals</b>	<b>Cereal/Toast Fruit/Juice Served Daily</b>	Egg Patty ----- Corn Dogs Potato Wedges Baked Beans Orange Wedges	French Toast Sticks ----- Cheese Breadsticks Tossed Salad Cucumbers Marinara Peaches	Cinni Mini ----- Pulled Pork/Bun Oven Fries Carrots Grapes
6	7	8	9	10
Pancake ----- Hot Dog/Bun Tater Tots Baked Beans Pears	Sausage/Hash Brown ----- Orange Chicken Savory Rice Broccoli/Carrots Orange Wedges	Biscuits & Gravy ----- Pasta Dippers Meatballs Marinara Cucumbers/Celery Mandarin Oranges	Long John ----- Pizza Tossed Salad Pepper Strips Tomatoes Slushie	<b>NO SCHOOL</b>
13	14	15	16	17
Waffle ----- Chicken Nuggets Mashed Potatoes Green Beans Apple Wedges	Yogurt/Granola Bars ----- Soft Taco Lettuce/Tomato Refried Beans Pineapple Graham Snack	Scrambled Eggs ----- Chicken Burger/Bun Tossed Salad Cucumbers/Carrots Peaches	Ring Donut ----- Chicken Tetrizzini Tossed Salad Tomatoes Garlic Bread Mixed Fruit	Egg Patty ----- Maidrite/Bun Oven Fries Carrots Peaches
20	21	22	23	24
French Toast Sticks ----- Chicken Tenders Tater Tots Broccoli Pears	Cinni Mini ----- Chicken Quesadilla Corn Carrots Salsa Pineapple	Pancake ----- Hamburger/Bun Lettuce/Tomato Oven Fries Baked Beans Peaches	Sausage/Hash Brown ----- Mac & Cheese Little Smokies Green Beans Carrots Apple Wedges	Biscuits & Gravy ----- Pizza Tossed Salad Pepper Strips Orange Wedges
27	28	29	30	31
Long John ----- Chicken & Noodles Mashed Potatoes Green Beans Peaches	Breakfast Pizza ----- Walking Tacos Lettuce/Tomato Refried Beans Mandarin Oranges	Waffle ----- Hot Ham & Cheese/Bun Potato Wedges Baked Beans Apple Wedges	Yogurt/Granola Bars ----- Spaghetti/Meat Sauce Tossed Salad Pepper Strips Garlic Stick Orange Wedges	Scrambled Eggs ----- Pork Rib Patty/Bun Sweet Potato Fries Carrots Applesauce

Menu Subject to Change Without Notice

### Mission Statement

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](mailto:alaura.rappenecker@mscsd.org)

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