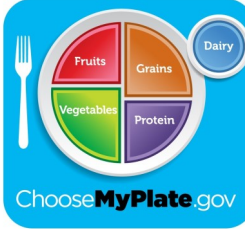


Conway Grammar School Breakfast & Lunch Menu: October 2019

<p>Breakfast & Lunch Meals both come with your Choice of Fruit & Milk.</p> <p>Breakfast offerings: Bagel & Cream Cheese or Jelly, Muffins, Cereal</p>	<p>10/1/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Choice of Meat, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/2/2019 Breakfast: Bagel, Muffin, Cereal Breakfast for Lunch! Pancakes Home Fries Sausage Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/3/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Chicken Patty on a WG Bun, Cheese, Lettuce, Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/4/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Hot Dog On a WG Bun Carrots Choice of Fruit & Milk Pizza Special: Cheese</p>
<p>10/7/2019 Breakfast: Bagel, Muffin, Cereal Lunch: WG Grilled Cheese Sandwich Tomato Soup Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/8/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Choice of Meat, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/9/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Spaghetti Meatballs Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/10/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Hamburger on a WG Bun, Cheese, Lettuce, Tomato, Baked Beans Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/11/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Whole Meat Chicken Tenders Tater Tots Choice of Fruit & Milk Pizza Special: Cheese</p>
<p>10/14/2019 No School Enjoy your day!</p>	<p>10/15/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Choice of Meat, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/16/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Turkey, Gravy, Roll, Mashed Potatoes, Corn, Cranberry Sauce Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/17/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Chicken Patty on a WG Bun, Cheese, Lettuce, Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/18/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Hot Dog On a WG Bun Carrots Choice of Fruit & Milk Pizza Special: Cheese</p>
<p>10/21/2019 Breakfast: Bagel, Muffin, Cereal Lunch: WG Grilled Cheese Sandwich Tomato Soup Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/22/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Choice of Meat, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/23/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Spaghetti Meatballs Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/24/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Hamburger on a WG Bun, Cheese, Lettuce, Tomato, Baked Beans Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/25/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Whole Meat Chicken Tenders Tater Tots Choice of Fruit & Milk Pizza Special: Cheese</p>
<p>10/28/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Homemade Cheese Pizza Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/29/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Choice of Meat, Cheese, Beans, Salsa, Sour Cream, Corn Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/30/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Pancakes Home Fries Sausage Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>10/31/2019 Breakfast: Bagel, Muffin, Cereal Lunch: Chicken Patty on a WG Bun, Cheese, Lettuce, Broccoli Choice of Fruit & Milk Pizza Special: Cheese</p>	<p>School Breakfast Costs: \$1.75 including Milk School Lunch Costs: \$2.95 including Milk We serve 1%, Skim, & NF Chocolate Milk</p>

<p>Daily Alternate Lunches: Sunbutter & Jelly Sandwich, Fresh Salad Bar, Weekly Pizza Specials</p>	<p>Online Payment: You can register your Child's School Lunch Account at: K12paymentcenter.com Using their lunch account number. Please select Conway as their District.</p>	 <p>Choose MyPlate.gov</p>	<p>Mary Delusa is our Food Service Director. Please reach out to her if you have any comments, questions, or concerns. Mary.delusa@frsu38.org 665-2118 Ext 218</p>	<p>If your family is on the Free or Reduced lunch program, they also receive Free or Reduced Priced Breakfast. Reduced Breakfast is: \$0.30 Reduced Lunch is: \$0.30</p>
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