



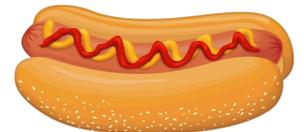
# OCTOBER

## ELEMENTARY SCHOOL LUNCH

	BREAKFAST
1	Donut Sticks
2	Biscuit & Gravy
3	Stuffed Bagel & Fruit
4	Muffin <b>Early Release</b>
7	Breakfast Taco
8	Mini Donuts
9	Mini Cinnis
10	Scrambled Eggs & Toast
11	Sausage Pancake Stick
14	<b>NO SCHOOL</b>
15	French Toast Sticks
16	Breakfast Pizza
17	Eggstravaganza
18	Cinnamon Roll
21	Sausage Biscuit
22	Waffle
23	Breakfast Burrito
24	Bagels & Fruit <b>Early Release</b>
25	<b>NO SCHOOL</b>
28	Long John
29	Pancakes & Sausage
30	Biscuit & Gravy
31	Sausage, Egg, & Cheese Biscuit

	LUNCH
1	Quesadilla, Chips w/cheese, Steamed Broccoli, & Fruit
2	Chicken Nuggets, Vegetable Catalina, Biscuit, & Fruit
3	Beef Taco, Corn, & Fruit
4	Sack Lunch <b>Early Release</b>
7	Tornados, Salad, Mexican Rice, & Fruit
8	Pancake, Sausage, Hashbrown, & Fruit
9	Hot Dog, Chips, Baked Beans, & Fruit
10	Chicken & Rice, Breadstick, Carrots, & Fruit
11	Bosco Stick, Peas, & Fruit
14	<b>NO SCHOOL</b>
15	Chicken Nachos, Beans, & Fruit
16	Chicken Patty Sandwich, Tater Tots, Fruit, & Cookie
17	Salisbury Steak, Hot Roll, Mashed Potatoes, & Fruit
18	Toasted Ravioli, Corn, & Fruit
21	Ham & Cheese, Peas, Fruit, & Cookie
22	McRib Sandwich, Baked Beans, Chips, & Fruit
23	Manwich w/Scoops, Green Beans, & Fruit
24	Sack Lunch <b>Early Release</b>
25	<b>NO SCHOOL</b>
28	Beef & Bean Burrito, Potatoe Wedges, & Fruit
29	Pizza Quesadilla, Salad, Green Beans, & Fruit
30	Spaghettii, Breadstick, Mixed Veggies, & Fruit
31	Chicken Strips, Peas, Chips, & Fruit

2024-2025 Meal Prices		
	Breakfast	Lunch
EL	1.50	2.35
JH	1.60	2.65
HS	1.60	2.65
Extra Milk	.40	
Reduced Brkfst	.30	
Reduced Lunch	.40	



### Account Balances

You can track your child's meal account balances and purchases through our Parent Portal (see link on the homepage of the School website - [www.cole.k12.mo.us](http://www.cole.k12.mo.us)). If you haven't signed up for the Parent Portal, applications are located on the school website, or stop by your child's school office and request an application.

# October

## HIGH SCHOOL MENU

	BREAKFAST
1	Donut Sticks
2	Biscuit & Gravy
3	Mini Pancakes
4	Muffin <b>Early Release</b>
7	Egg/Cheese Croissant
8	Breakfast Taco
9	Biscuit & Gravy
10	French Toast Stick
11	Mini Cinis
14	<b>NO SCHOOL</b>
15	Biscuit & Gravy
16	Eggstravaganza
17	Sausage Pancake Stick
18	Cinnamon Roll
21	Sausage Biscuit
22	Biscuit & Gravy
23	Scrambed Eggs, & Toast
24	Stuffed Bagel <b>Early Release</b>
25	<b>NO SCHOOL</b>
28	Long John
29	Pancake & Sausage
30	Biscuit & Gravy
31	Yogurt w/Granola

	LUNCH
1	Quesadilla, Chip w/cheese, Corn, & Fruit
2	General Tso's, Egg Roll, Broccoli, & Fruit
3	Tornado, Vegetable Catalina, & Fruit
4	Sack Lunch <b>Early Release</b>
7	Chicken Wings, Cheesy Hashbrowns, & Fruit
8	Pancake, Hashbrown, Sausage, & Fruit
9	Hamburger/Cheeseburger, French Fries, & Fruit
10	Corn Dog, Broccoli Salad, & Fruit
11	Pizza, Carrots & Dip, & Fruit
14	<b>NO SCHOOL</b>
15	Country Fried Steak, Hot Roll, Mashed Potatoes, & Fruit
16	Chicken Nachos, Beans, & Fruit
17	Chicken Patty Sandwich, California Medley, & Fruit
18	Bosco Sticks, Green Beans, & Fruit
21	Hot Ham & Cheese, Peas, Fruit, & Cookie
22	Pulled Pork Nachos, Beans, & Fruit
23	Spaghetti, Bread, Corn, & Fruit
24	Sack Lunch <b>Early Release</b>
25	<b>NO SCHOOL</b>
28	Chicken Tenders, Butter Noodles, Potatoe Wedges, & Fruit
29	Grilled Cheese, Broccoli/Cheddar Soup, & Fruit
30	Manwich w/Scoops, Green Beans, & Fruit
31	BBQ Rib Sandwich, Baked Beans, Chips, & Fruit

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