

# OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> <li>cinnamon raisin bagel/cream cheese &amp; jelly / fruit</li> <li>orange juice option</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>blueberry muffin/ fruit</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>plain bagel w/ cream cheese/fruit</li> <li>pineapple juice option</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>zee zee berry apple crisp bar/ fruit</li> <li>cinnamon crumble/ fruit</li> </ul>	<p>5</p>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> <li>zee zee cinnamon crisp bar/ fruit</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>plain bagel w/ cream cheese/ fruit</li> <li>Mini Homestyle Apple Cinnamon Muffin</li> <li>pineapple juice option</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>lemon muffin/ fruit</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>mini dipper doodle/ string cheese/ fruit</li> <li>orange juice option</li> </ul>
<p>15</p> <ul style="list-style-type: none"> <li>zee zees berry apple crisp bar</li> <li>orange juice option</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>cinnamon crumble/ fruit</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>blueberry muffin/ fruit</li> <li>pineapple juice option</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>plain bagel w/ cream cheese/ fruit</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Banana Muffin/ fruit</li> <li>orange juice option</li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>Whole Grain Blackberry Zac Omega Bar</li> <li>yogurt/ honey grahams/ fruit</li> <li>orange juice option</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>Blueberry burst muffin w/Fresh fruit</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>string cheese/ cinnamon grahams/ fruit</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>plain bagel w/ cream cheese/ fruit</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>cinnamon crumble/ fruit</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>string cheese/ cinnamon grahams/ fruit</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Banana muffin/ fruit</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>Yogurt w/granola</li> <li>pineapple juice option</li> </ul>		

## DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

**Breakfast:** choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

OCTOBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> <li>breakfast for lunch :pancakes w/ omelet (vg)</li> <li>*sunbutter &amp; jelly sandwich (vg)</li> <li>o <b>green beans</b></li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>baked mac &amp; cheese w/ chicken sausage</li> <li>o <b>baby carrots w/ ranch</b></li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>chicken bites</li> <li>o <b>garbanzo beans</b></li> <li>o <b>broccoli florets</b></li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>creamy tomato curry w/ chicken</li> <li>Classic Turkey &amp; Cheddar Sandwich</li> <li>o <b>chili citrus corn</b></li> </ul>	<p>5</p>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> <li>flame broiled cheeseburger</li> <li>BBQ Chicken Wrap</li> <li>o Chilled Seasoned Green Beans</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>buffalo chicken crunchadilla</li> <li>Classic turkey &amp; cheddar sandwich</li> <li>o <b>edamame / grape tomato</b></li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Fiesta Scoops! w/Three Layer Dip</li> <li>Seasame Chicken Wrap</li> <li>o <b>corn &amp; tomato salad</b></li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>classic spaghetti &amp; meatballs (df)</li> <li>Cheddar Cheese Sub</li> <li>o <b>chopped lettuce &amp; sliced tomatoes w/ ranch</b></li> </ul>
<p>15</p> <ul style="list-style-type: none"> <li>Cheese enchilada w/seasoned rice &amp; black beans</li> <li>Buffalo Chicken wrap</li> <li>o <b>green peas</b></li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li><b>Chicken Salad sub</b></li> <li><b>Chicken taco trio w/Carrot Rice</b></li> <li>o <b>three bean salad/ baby carrots</b></li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>general tso's chicken</li> <li>Turkey &amp; cheddar sandwich</li> <li>o <b>green beans</b></li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Honey mustard chicken wrap</li> <li>kickin chicken melt sandwich</li> <li>o <b>baby carrots w/ranch</b></li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Revolution Hot Dog</li> <li>o <b>broccoli florets</b></li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>*<b>NEW</b>* mongolian beef</li> <li>Mighty meaty deli combo sandwich</li> <li>o <b>island glazed carrots</b></li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>flame broiled cheeseburger</li> <li>Southwest veggie wrap</li> <li>garden ranch salad w/ <b>chopped lettuce &amp; sliced tomatoes w/ ranch</b></li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>creamy chicken alfredo</li> <li>Santa fe chili chicken &amp; black bean wrap</li> <li>o <b>garbanzo beans/ baby carrots</b></li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>baked mac &amp; cheese / bbq chicken</li> <li>Chicken salad sub sandwich</li> <li>o <b>cucumber &amp; tomato salad</b></li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>hot meatball sub</li> <li>o <b>steamed corn</b></li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>BBQ chicken drumstick w/cheesy rice</li> <li>Cheddar cheese sub sandwich</li> <li>o <b>baby carrots</b></li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Chicken Marinara Pasta Bake</li> <li>BBQ Chicken Wrap</li> <li>o <b>green beans</b></li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>Chicken enchiladas roja w/seasoned rice</li> <li>Classic Turkey &amp; Cheese</li> <li>o <b>broccoli florets</b></li> </ul>		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



**Lunch:** choice of 1% or fat-free milk; fresh fruit available daily.

**Dairy-free (DF) and vegetarian (V)** options available daily – if not listed on the menu, available upon request.

o **Vegetable** of the day