

OCTOBER BREAKFAST

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

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"> breakfast for lunch :pancakes w/ omelet (vg) *NEW* chicken gumbo & cornbread sunbutter & jelly sandwich (vg) chicken caesar wrap o green beans 	<p>2</p> <ul style="list-style-type: none"> baked mac & cheese w/ chicken sausage o baby carrots w/ ranch 	<p>3</p> <ul style="list-style-type: none"> chicken bites o garbanzo beans o broccoli florets 	<p>4</p> <ul style="list-style-type: none"> creamy tomato curry w/ chicken o chili citrus corn 	<p>5</p>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> flame broiled cheeseburger cheesy pizza bite meal (vg) o Chilled Seasoned Green Beans 	<p>10</p> <ul style="list-style-type: none"> buffalo chicken crunchadilla cheesy ravioli (vg) o edamame / grape tomato 	<p>11</p> <ul style="list-style-type: none"> Italian calzoni (vg) o corn & tomato salad 	<p>12</p> <ul style="list-style-type: none"> classic spaghetti & meatballs (df) crispy chicken sandwich (df) chicken caesar wrap chicken salad sandwich (df) o chopped lettuce & sliced tomatoes w/ ranch
<p>15</p> <ul style="list-style-type: none"> chicken bites o green peas 	<p>16</p> <ul style="list-style-type: none"> *NEW* spicy popcorn chicken sandwich o three bean salad/ baby carrots 	<p>17</p> <ul style="list-style-type: none"> general tso's chicken o green beans 	<p>18</p> <ul style="list-style-type: none"> chili citrus drumsticks w/ rice (df) kickin chicken melt sandwich o baby carrots w/ranch 	<p>19</p> <ul style="list-style-type: none"> *NEW* Philly cheesesteak calzoni (vg) Revolution Hot Dog o broccoli florets
<p>22</p> <ul style="list-style-type: none"> *NEW* mongolian beef o island glazed carrots 	<p>23</p> <ul style="list-style-type: none"> flame broiled cheeseburger garden ranch salad w/ chopped lettuce & sliced tomatoes w/ ranch 	<p>24</p> <ul style="list-style-type: none"> creamy chicken alfredo spicy chicken chorizo & cheese eggwich o garbanzo beans/ baby carrots 	<p>25</p> <ul style="list-style-type: none"> baked mac & cheese / bbq chicken cheesy chicken quesadilla o cucumber & tomato salad 	<p>26</p> <ul style="list-style-type: none"> hot meatball sub cheese pizza (vg) o steamed corn
<p>29</p> <ul style="list-style-type: none"> pepper jack cheeseburger o baby carrots 	<p>30</p> <ul style="list-style-type: none"> crispy chicken sandwich (df) o green beans 	<p>31</p> <ul style="list-style-type: none"> bbq beef flatbread melt o broccoli florets 		

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