

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> cinnamon raisin bagel/cream cheese & jelly / fruit orange juice option 	<p>2</p> <ul style="list-style-type: none"> Chicken Sausage & Omelet Gordita/ fruit 	<p>3</p> <ul style="list-style-type: none"> plain bagel w/ cream cheese/fruit pineapple juice option 	<p>4</p> <ul style="list-style-type: none"> Buttermilk Pancakes 	<p>5</p>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> Whole Grain Dipperdoodle bar w/fresh fruit 	<p>10</p> <ul style="list-style-type: none"> Classic Cheese Omelet w/French Toast pineapple juice option 	<p>11</p> <ul style="list-style-type: none"> Egg & cheese breakfast 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"> Yogurt w/educational snacks orange juice option 	<p>16</p> <ul style="list-style-type: none"> Cheddar cheese & Omelet Gordita/ fruit 	<p>17</p> <ul style="list-style-type: none"> Rise & Shine Breakfast Burrito pineapple juice option 	<p>18</p> <ul style="list-style-type: none"> plain bagel w/ cream cheese/ fruit Southwest Chicken Chorizo & Cheese Bagel w/fresh fruit 	<p>19</p> <ul style="list-style-type: none"> Buttermilk Pancakes orange juice option
<p>22</p> <ul style="list-style-type: none"> yogurt/ honey grahams/ fruit orange juice option 	<p>23</p> <ul style="list-style-type: none"> French Toast Sticks w/fruit 	<p>24</p> <ul style="list-style-type: none"> Cinnamon Toast Bagel w/ Pineapple Juice 	<p>25</p> <ul style="list-style-type: none"> Classic Cheese Omelet w/Fruit & roll 	<p>26</p> <ul style="list-style-type: none"> Cinnamon crumble w/Orange Juice
<p>29</p> <ul style="list-style-type: none"> BlueBerry Crisp Cereal w/Orange Juice 	<p>30</p> <ul style="list-style-type: none"> Peach Pancake Bowl 	<p>31</p> <ul style="list-style-type: none"> Yogurt w/granola pineapple juice option Turkey, Cheddar Cheese & Omelet Gordita 		

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"> • Chicken Gumbo & Corn Bread ○ green beans 	<p>2</p> <ul style="list-style-type: none"> • Baked Mac & Cheese & Chicken Sausage ○ baby carrots w/ ranch 	<p>3</p> <ul style="list-style-type: none"> • Chicken Enchiladas Roja ○ garbanzo beans ○ broccoli florets 	<p>4</p> <ul style="list-style-type: none"> • Bean & Cheese Burrito ○ chili citrus corn 	<p>5</p>
<p>8</p>	<p>9</p> <ul style="list-style-type: none"> • Flame Broiled Cheeseburger • Cheesy pizza bites ○ Chilled Seasoned Green Beans 	<p>10</p> <ul style="list-style-type: none"> • Cheesy Ravioli ○ edamame / grape tomato 	<p>11</p> <ul style="list-style-type: none"> • Meatless Italian Calzoni ○ corn & tomato salad 	<p>12</p> <ul style="list-style-type: none"> • On the go Lunch w/fresh fruit
<p>15</p> <ul style="list-style-type: none"> • Cheese enchilada w/seasoned rice & black beans • Chicken Bites • green peas 	<p>16</p> <ul style="list-style-type: none"> • Spicy popcorn chicken sandwich • Chicken taco trio w/Carrot Rice • Veggie Taco Salad ○ three bean salad/ baby carrots 	<p>17</p> <ul style="list-style-type: none"> • Rainbow Veggie Pizza ○ green beans 	<p>18</p> <ul style="list-style-type: none"> • Chili Citrus Drumstick w/seasoned brown rice & pinto beans • Cheddar Cheese Sub Sandwich ○ baby carrots w/ranch 	<p>19</p> <ul style="list-style-type: none"> • Philly Cheese Steak Calzoni • Southwest Veggie Wrap ○ broccoli florets
<p>22</p> <ul style="list-style-type: none"> • *NEW* mongolian beef • Hearty Veggie Chili ○ island glazed carrots 	<p>23</p> <ul style="list-style-type: none"> • flame broiled cheeseburger • Southwest veggie wrap • garden ranch salad w/ chopped lettuce & sliced tomatoes w/ ranch 	<p>24</p> <ul style="list-style-type: none"> • Creamy Chicken Alfredo • Veggie Chef Salad ○ garbanzo beans/ baby carrots 	<p>25</p> <ul style="list-style-type: none"> • Baked mac & cheese / bbq chicken • Cheddar cheese sub sandwich ○ cucumber & tomato salad 	<p>26</p> <ul style="list-style-type: none"> • Cheese Pizza ○ steamed corn
<p>29</p> <ul style="list-style-type: none"> • Flame Broiled Beef Peeper Jack Cheeseburger • Cheddar cheese sub sandwich ○ baby carrots 	<p>30</p> <ul style="list-style-type: none"> • Chicken Marinara Pasta Bake • Hummus Dippers ○ green beans 	<p>31</p> <ul style="list-style-type: none"> • BBQ Beef Flatbread Melt • Veggie Chef Salad ○ 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.

○ **Vegetable** of the day