

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • cinnamon grahams & cinnamon rumbles • Milk • Fruit 	<p>2</p> <ul style="list-style-type: none"> • breakfast enchilada scramble with scoops (VG) • lemon muffin • Milk • Fruit 	<p>3</p> <ul style="list-style-type: none"> • pepperjack cheese and omelet gordita • Milk • Fruit 	<p>4</p> <ul style="list-style-type: none"> • chicken sausage and cheddar brekwich • blueberry muffin • Milk • Fruit 	<p>5</p> <ul style="list-style-type: none"> • egg & sausage quesadilla • blueberry bagel w/ cream cheese • Milk • Fruit
<p>8</p> <ul style="list-style-type: none"> • string cheese & cinnamon grahams • multigrain cheerios w/ mini dipperdoodle • Milk • Fruit 	<p>9</p> <ul style="list-style-type: none"> • french toast muffin • Milk • Fruit 	<p>10</p> <ul style="list-style-type: none"> • french toast sticks • cinnamon raisin bagel • cheerios w/ mini dipperdoodle • Milk • Fruit 	<p>11</p> <ul style="list-style-type: none"> • now!! green chile breakfast burrito • lemon muffin • Milk • Fruit 	<p>12</p> <ul style="list-style-type: none"> • No School-- Fair day.
<p>15</p> <ul style="list-style-type: none"> • zee zee cinnamon crisp bar • cherrios w/ zac attack bar • Milk • Fruit 	<p>16</p> <ul style="list-style-type: none"> • now!! peach pancake bowl • Milk • Fruit 	<p>17</p> <ul style="list-style-type: none"> • now!! strawberry yogurt parfait • Milk • Fruit 	<p>18</p> <ul style="list-style-type: none"> • cheesy bean burrito • Milk • Fruit 	<p>19</p> <ul style="list-style-type: none"> • bagel w/ cream cheese • Milk • Fruit
<p>22</p> <ul style="list-style-type: none"> • string cheese & cinnamon grahams • Milk • Fruit 	<p>23</p> <ul style="list-style-type: none"> • southwest chicken chorizo & cheesy bagel • Milk • Fruit 	<p>24</p> <ul style="list-style-type: none"> • mini cheese omelet w/ french toast sticks • Milk • Fruit 	<p>25</p> <ul style="list-style-type: none"> • cherrios w/ mini dipperdoodle • Milk • Fruit 	<p>26</p> <ul style="list-style-type: none"> • now!! combread, sausage & egg omelet • Milk • Fruit
<p>29</p> <ul style="list-style-type: none"> • cinnamon grahams & cinnamon rumbles • Milk • Fruit 	<p>30</p> <ul style="list-style-type: none"> • breakfast enchilada scramble • Cheesy Bagel • Milk • Fruit 	<p>31</p> <ul style="list-style-type: none"> • pepperjack cheese & omelet gordita • Milk • Fruit 		

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"> •) • crispy chicken sandwich (DF) • VG) • steamed carrots ○ Milk 	<p>2</p> <ul style="list-style-type: none"> •) • kickin chicken melt • chicken ○ broccoli w/ ranch ○ Milk 	<p>3</p> <ul style="list-style-type: none"> • beef cheeseburger ○ chili citrus corn ○ Milk 	<p>4</p> <ul style="list-style-type: none"> ○ Pizza Panada Pie ○ Season chilled green beans ○ Milk ○ Fruit 	<p>5</p> <ul style="list-style-type: none"> • buffalo chicken crunchadilla ○ pinto beans and baby carrots ○ Milk ○ Fruit
<p>8</p> <ul style="list-style-type: none"> • cheesy pizza bites (VG) • mac & cheese w/ chicken bites ○ steamed corn ○ Milk ○ Fruit 	<p>9</p> <ul style="list-style-type: none"> • taco dippers kit (VG) ○ orangy carrots ○ Milk ○ Fruit 	<p>10</p> <ul style="list-style-type: none"> ○ Flame broiled cheeseburger ○ Chilled green beans ○ Milk ○ Fruit 	<p>11</p> <ul style="list-style-type: none"> • spaghetti marinara (VG) ○ Broccoli ○ Milk ○ Fruit 	<p>12</p> <ul style="list-style-type: none"> • No School Fair day
<p>15</p> <ul style="list-style-type: none"> • chicken bites • Island glazed carrots • Milk • Fruit 	<p>16</p> <ul style="list-style-type: none"> • classic chicken parm pasta ○ chili citrus corn ○ Milk ○ Fruit 	<p>17</p> <ul style="list-style-type: none"> •) • chicken potstickers w/ no oil fried rice • hot dog (DF) • celery sticks w/ ranch ○ Milk ○ Fruit 	<p>18</p> <ul style="list-style-type: none"> • crispy chicken sandwich (DF) ○ broccoli & carrot salad ○ Milk ○ Fruit 	<p>19</p> <ul style="list-style-type: none"> •) • chicken Mongolian beef ○ black beans and baby carrots ○ Milk ○ Fruit
<p>22</p> <ul style="list-style-type: none"> • cheesy pizza bites (VG) • mac & cheese w/ chicken bites ○ Broccoli ○ Milk ○ Fruit 	<p>23</p> <ul style="list-style-type: none"> • chicken gumbo & cornbread ○ steamed corn ○ Milk ○ Fruit 	<p>24</p> <ul style="list-style-type: none"> • oven roasted chicken sandwich (DF) • sloppy joe (DF) ○ Coleslaw ○ Milk ○ Fruit 	<p>25</p> <ul style="list-style-type: none"> • NEW!! kung pao chicken • steamed carrots • Cheese Lasagna • Milk • Fruit 	<p>26</p> <ul style="list-style-type: none"> • buffalo chicken pizza ○ pinto beans and grape tomatoes ○ Milk ○ Fruit
<p>29</p> <ul style="list-style-type: none"> • crispy chicken sandwich (DF) ○ steamed carrots ○ Milk ○ Fruit 	<p>30</p> <ul style="list-style-type: none"> • kickin chicken melt ○ broccoli w/ ranch ○ Milk ○ Fruit 	<p>31</p> <ul style="list-style-type: none"> • mighty meaty deli combo ○ chili citrus corn ○ Milk ○ Fruit 		

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