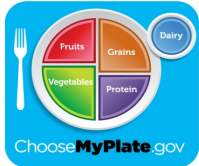


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chocolate Crescent (450)	2	Pancakes (2) with Syrup (450)	3	Lucky Charms & WG Crackers (400)	4	Beef, Cheese & Chili Flaquito (450)	5	Coffee Cake & String Cheese (450)
B	Chicken Quesadilla with Whole Kernel Corn (1c) (450)	L	Beef Taquitos (2) with Black Beans (1c) (550)	L	Chicken Tamal with Green Salad (2c) (550)	L	Honey BBQ Chicken Wings (4) with Dinner Roll, Carrot Sticks (1c) & Ranch (550)	L	Orange Chicken with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (500)
V	Creamy Chipotle Penne Pasta (1c) with Shredded Cheese (2oz) & Whole Kernel Corn (1c) (10)	V	Hawaiian Tofu (1/2c) with Brown Rice Pilaf (1c), BBQ Baked Beans (1/2c) & Whole Kernel Corn (1/2c) (10)	V	Three Cheese Lasagna with Green Salad (1 1/2c) (10)	V	Garden Burger with Sweet Potato (1c) (10)	V	Orange Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)
8	Mini Bagels w/Cinnamon Cream Cheese (450)	9	Cinnamon French Toast w/Syrup (450)	10	Reduced Sugar Cinnamon Toast Crunch & WG Crackers (450)	11	NO SCHOOL	12	NO SCHOOL
B	Beef (2oz) & Cheese (.5oz) Nachos (2oz) with Pinto Beans (1c) (500)	L	Spaghetti (1c) & Meatballs with Green Salad (1 1/2c) (500)	L	Cheeseburger with Sweet Potato (1c) (550)				
V	Shredded Cheese (2oz) Nachos (2oz) with Pinto Beans (1c) (10)	V	Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c) (10)	V	Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Carrot Sticks (3/4c) & Ranch (10)				
15	WG Apple Cinnamon Donut (450)	16	Waffles (2) with Syrup (450)	17	Coco Puffs & WG Crackers (450)	18	Bean & Cheese Burrito (500)	19	Coffee Cake & String Cheese (450)
B	Chicken, Sausage & Brown Rice Jambalaya (1.5c) with Whole Kernel Corn (3/4c) (500)	L	Macaroni & Cheese (1c) with Green Salad (2c) (500)	L	Red Chicken & Cheese Enchiladas with Black Beans (3/4c) (500)	L	Beef & Cheese Sliders (2) with Sweet Potato (1c) (550)	L	Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c) (500)
V	Bean & Cheese Burrito with Whole Kernel Corn (1c) (10)	V	Macaroni & Cheese (1c) with Green Salad (2c) (10)	V	Cheese Tamal with Black Beans (1c) (10)	V	Garden Burger with Sweet Potato (1c) (10)	V	Fettuccine (1c) Alfredo with Shredded Cheese (2oz) & Steamed Broccoli & Carrots (1c) (10)
22	Grape Crescent (450)	23	Pancakes (2) with Syrup (450)	24	Reduced Sugar Trix & WG Crackers (450)	25	Egg & Sausage English Muffin (450)	26	Mini Cinnamon Rolls (450)
B	Beef Meatball & Cheese Hoagie Sandwich with Tater Tots (1c) (500)	L	Green Wet Chicken Burrito with Black Beans (1c) (500)	L	Turkey & Cheese Croissant Sandwich with Green Salad (1 1/2c) (500)	L	Breaded Chicken Patty Sandwich with Sweet Potato (1c) (500)	L	Chicken Teriyaki with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (500)
V	Garden Burger with Tater Tots (1c) (10)	V	Shredded Cheese (2oz) Nachos (2oz) with Black Beans (1c) (10)	V	Fresh Veggie, Bean & Cheese Wheat Tortilla Wrap with Green Salad (1c) (10)	V	Bean & Cheese Torta with Carrot Sticks (3/4c) & Ranch (10)	V	Teriyaki Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)
29	Mini Bagels w/Strawberry Cream Cheese (450)	30	Cinnamon French Toast w/Syrup (450)	31	Multi Grain Cheerios & WG Crackers (450)	November 1st	Green Chile Egg & Cheese Taco (450)	November 2nd	Coffee Cake & String Cheese (450)
B	Beef Hot Dog with Sweet Potato (1c) (500)	L	Lemon Pepper Chicken with Brown Rice Pilaf (1c) & Mixed Vegetables (1c) (525)	L	Chicken & Waffles with Mashed Potatoes (1c) (550)	L	Southwestern Chicken Bowl with Spanish Brown Rice (1c), Black Beans (1/2c) & Whole Kernel Corn (1/4c) (525)	L	Chicken Fettuccine (1c) Alfredo with Steamed Broccoli & Carrots (1c) (500)
V	Garden Burger with Sweet Potato (1c) (10)	V	Spaghetti (1c) & Marinara Sauce (1/2c) with Shredded Cheese (2oz) & Green Salad (1c) (10)	V	Bean & Cheese Torta with BBQ Corn Salad (3/4c) (10)	V	Cheese Tamal with Black Beans (1c) (10)	V	Mongolian Tofu (1/2c) with Brown Rice Pilaf (1c) & Steamed Broccoli & Carrots (1c) (10)

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)



School Notes: PREPACKED & FAMILY STYLE (DEPENDING ON MEAL)// Juice Every Friday, Cut Fruit on Tuesday and Thursday, send 10 vegetarians for breakfast when needed//



“Eat Right, Be Bright!”

