

OCTOBER 2018

Parker Unified School District #27

Choice of Fat Free White or
Fat Free Chocolate Milk
Offered at Both Breakfast and Lunch]

Monday

Tuesday

Wednesday

Thursday

Friday

No School

1

No School]

2

No School

3

No School

4

No School

5

Honey Nut Cheerios
Fruit Mix

8

Frosted Pop Tart
Apple Slices

9

Cinnamon Chex
Peaches

10

Apple Nutri Grain Bar
Pears

11

Cocoa Puffs
Applesauce

12

Cheese Pizza
Salad & Dressing
Strawberries

Chicken Fajitas w/ Salsa
Tortilla
Refried Beans
Pears

Chicken Patty on a Bun
Lettuce, Tomato & Pickle
Curly Fries
Melon

Cheeseburger
Lettuce, Tomato & Pickles
French Fries
Grapes

Sloppy Joe
Carrots & Ranch
Chips
Orange

Golden Grahams
Fruit Mix

15

Donuts
Apple Slices

16

Reeses Puffs
Peaches

17

Blueberry Nutri Grain Bar
Pears

18

Rice Krispies
Applesauce

19

Spaghetti
Salad & Dressing
Strawberries

Beef & Cheese Taco in a Bag
Lettuce, Tomato & Salsa
Refried Beans
Pears

Chicken Nuggets
Tator Tots
Biscuit
Melon

Egg Roll & Vegetable Fried Rice
Grapes

Ham, Turkey & Cheese Melt
Lettuce, Tomato & Pickles
Chips
Orange

Frosted Flakes
Fruit Mix

22

Banana Muffin
Apple Slices

23

Honey Nut Chex
Peaches

24

Cinnamon Toast Crunch
Pears

25

Strawberry Nutri Grain Bar
Applesauce

26

Pepperoni Pizza
Salad & Dressing
Strawberries

Bean & Cheese Tostada
Lettuce & Salsa
Corn
Pears

Chicken Patty on a Bun
Lettuce, Tomato & Pickle
Curly Fries
Melon

Biscuit & Gravy
Sausage & Hash Brown
Grapes

Rib-B-Que Sandwich
Tator Tots
Orange

Frosted Flakes
Fruit Mix

29

Chocolate Chip Muffin
Apple Slices

30

Lucky Charms
Peaches

31

Meatball Sandwich
French Fries
Strawberries

Posole
Refried Beans & Chips
Pears

Chicken Nuggets
Tator Tots
Biscuit
Melon

Menu Subject To Change Without Notice

Parker Unified School District Is An Equal Opportunity Provider and Employer