

Breakfast Menu

October 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>1</p> <p>Bagel Bar with Strawberry Cream Cheese Fruit Cup Fruit Milk</p> | <p>2</p> <p>Turkey & Papas Taco *V: Cheese & Papas Taco* 100% Fruit Juice Fruit Milk</p> | <p>3</p> <p>Blueberry Muffin Flat Apple Sauce Fruit Milk</p> | <p>4</p> <p>Frosted Mini Wheats Cereal Whole Grain Bites Fruit Milk</p> | <p>5</p> <p>Breakfast Cheese Tamale Fruit Milk</p> |
| <p>8</p> <p>Coffee Cake Dried Fruit Fruit Milk</p> | <p>9</p> <p>Country Biscuit w/ Sausage Gravy <i>(Contains Pork)</i> *V: Biscuit w/ V. Gravy* 100% Fruit Juice Milk</p> | <p>10</p> <p>Pan Dulce Apple Sauce Fruit Milk</p> | <p>11</p> <p>Fruit Loops Cereal Whole Grain Bites Fruit Milk</p> | <p>12</p> <p>Bean & Cheese Burrito Hot Sauce Fruit Milk</p> |
| <p>15</p> <p>Yogurt Granola Fruit Cup Fruit Milk</p> | <p>16</p> <p>Chicken & Waffle *V: Waffles* Syrup 100% Fruit Juice Fruit Milk</p> | <p>17</p> <p>Apple Turnover Apple Wedges Milk</p> | <p>18</p> <p>Cinnamon Frosted Flakes Cereal Whole Grain Bites Fruit Milk</p> | <p>19</p> <p>French Toast Sticks Fruit Milk</p> |
| <p>22</p> <p>Apple Chewie Bar Fruit Milk</p> | <p>23</p> <p>Chicken Sausage Biscuit *V: Warm Biscuit* Strawberry Jelly 100% Fruit Juice Fruit Milk</p> | <p>24</p> <p>Blueberry Muffin Flat Apple Sauce Fruit Milk</p> | <p>25</p> <p>Apple Jacks Cereal Whole Grain Bites Fruit Milk</p> | <p>26</p> <p>Mini Maple Corn Dogs *V: Waffles* Fruit Milk</p> |
| <p>29</p> <p>Coffee Cake Fruit Cup Fruit Milk</p> | <p>30</p> <p>Ham & Cheese English Muffin <i>(Contains Pork)</i> *V: Cheesy English Muffin* 100% Fruit Juice Fruit Milk</p> | <p>31</p> <p>Mini Wowbutter & Jelly Sandwich Apple Sauce Fruit Milk</p> | <p>1</p> | <p>2</p> |

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes 2 items entrée, 1 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



Lunch Menu 9-12

October 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| <p>1</p> <p>Red Chicken Enchiladas Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>2</p> <p>Corn Dog Oven Baked Fries Sliced Cucumber w/ Tajin Fruit Milk</p> | <p>3</p> <p>Beef & Broccoli NSF Rice Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>4</p> <p>Chicken Alfredo Steamed Broccoli Dinner Roll Side Salad Orange Wedges & Fruit Milk</p> | <p>5</p> <p>Turkey Nachos Tortilla Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>8</p> <p>Chicken Burrito Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>9</p> <p>Chicken Patty Burger Oven Baked Fries Jicama Sticks w/ Tajin Fruit Cup & Fruit Milk</p> | <p>10</p> <p>Turkey Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>11</p> <p>Chicken Tamale Mixed Vegetables Side Salad Premium Fruit Day & Fruit Milk</p> | <p>12</p> <p>Baked Ziti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>15</p> <p>Chicken Teriyaki Chow Mein Noodles Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>16</p> <p>BBQ Meatball Sandwich Cheesy Mashed Potatoes Hoagie Roll Celery Sticks w/ Ranch Dried Fruit & Fruit Milk</p> | <p>17</p> <p>Cheese Ravioli Dinner Roll Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>18</p> <p>Beef Hot Dog Oven Baked Fries Side Salad Fruit Milk</p> | <p>19</p> <p>Green Chicken Enchiladas Baby Carrots w/ Tajin 100% Fruit Juice & Fruit Milk</p> |
| <p>22</p> <p>Combo Burrito Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>23</p> <p>Cheeseburger Oven Baked Fries Sliced Cucumber w/ Tajin Fruit Cup & Fruit Milk</p> | <p>24</p> <p>Spaghetti w/ Meat Sauce Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>25</p> <p>Cheese Tamale Mixed Vegetables Side Salad Apple Wedges & Fruit Milk</p> | <p>26</p> <p>Chicken Nuggets Cheesy Mashed Potatoes Whole Grain Chips Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>29</p> <p>Red Chicken Enchiladas Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>30</p> <p>Corn Dog Oven Baked Fries Jicama Sticks w/ Tajin Fruit Milk</p> | <p>31</p> <p>Beef & Broccoli Not So Fried Rice Whole Grain Cookie Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>1</p> | <p>2</p> |

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Vegetarian Lunch Menu 9-12



October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 Red Cheese Enchiladas <i>Side Salad</i> 100% Fruit Juice & Fruit Milk | 2 Plant-based "Chicken" Tenders <i>Oven Baked Fries</i> Baked Chips Fruit Milk | 3 Tofu & Broccoli Not So Fried Rice Baby Carrots 100% Fruit Juice & Fruit Milk | 4 Penne Alfredo Steamed Broccoli Dinner Roll Side Salad Orange Wedges & Fruit Milk | 5 Cheese Nachos Tortilla Chips Side Salad 100% Fruit Juice & Fruit Milk |
| 8 Bean & Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk | 9 Vegetarian Burger <i>Oven Baked Fries</i> Fruit Cup & Fruit Milk | 10 Bean & Plant-based "Beef" Chili Popped Corn Chips Baby Carrots 100% Fruit Juice & Fruit Milk | 11 Cheese Tamale Mixed Vegetables Side Salad Premium Fruit Day & Fruit Milk | 12 Cheesy Baked Ziti Baby Carrots 100% Fruit Juice & Fruit Milk |
| 15 Plant-based "Chicken" Teriyaki Chow Mein Noodles <i>Side Salad</i> 100% Fruit Juice & Fruit Milk | 16 Plant-based BBQ "Chicken" Cheesy Mashed Potatoes Hoagie Roll Dried Fruit & Fruit Milk | 17 Cheese Ravioli Dinner Roll Baby Carrots 100% Fruit Juice & Fruit Milk | 18 Plant-based "Chicken" Tenders <i>Oven Baked Fries</i> Baked Chips Side Salad Fruit Milk | 19 Green Cheese Enchiladas Baby Carrots w/ Tajin 100% Fruit Juice & Fruit Milk |
| 22 Bean & Cheese Burrito <i>Side Salad</i> 100% Fruit Juice & Fruit Milk | 23 Vegetarian Cheeseburger <i>Oven Baked Fries</i> Fruit Cup & Fruit Milk | 24 Cheesy Spaghetti Baby Carrots 100% Fruit Juice & Fruit Milk | 25 Cheese Tamale Mixed Vegetables Side Salad Apple Wedges Milk | 26 Plant-based "Chicken" Tenders Cheesy Mashed Potatoes Baby Carrots 100% Fruit Juice & Fruit Milk |
| 29 Red Cheese Enchiladas <i>Side Salad</i> 100% Fruit Juice & Fruit Milk | 30 Plant-based "Chicken" Tenders <i>Oven Baked Fries</i> Baked Chips Fruit Milk | 31 Tofu & Broccoli Not So Fried Rice Whole Grain Cookie Baby Carrots 100% Fruit Juice & Fruit Milk | 1 | 2 |

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Sandwich Menu 9-12



October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| <p>1</p> <p>Wowbutter Sandwich Side Salad Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>2</p> <p>Turkey & Cheese Sandwich on Pretzel Roll Oven Baked Fries Fruit Milk</p> | <p>3</p> <p>Build Your Own Tuna Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>4</p> <p>Deli Chicken & Cheese Sandwich Side Salad Orange Wedges & Fruit Milk</p> | <p>5</p> <p>Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>8</p> <p>Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>9</p> <p>Ham & Cheese Sandwich Oven Baked Fries Fruit Cup & Fruit Milk</p> | <p>10</p> <p>Turkey & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>11</p> <p>Wowbutter Sandwich Side Salad Baby Carrots Premium Fruit Day & Fruit Milk</p> | <p>12</p> <p>Turkey Pastrami & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>15</p> <p>Wowbutter Sandwich Side Salad Baby carrots 100% Fruit Juice & Fruit Milk</p> | <p>16</p> <p>Turkey & Cheese Sandwich on Pretzel Roll Cheesy Mashed Potatoes Dried Fruit & Fruit Milk</p> | <p>17</p> <p>Roast Beef Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>18</p> <p>Deli Chicken & Cheese Sandwich Side Salad Fruit Milk</p> | <p>19</p> <p>Turkey Ham & Cheese Sandwich Baby Carrots w/ Tajin 100% Fruit Juice & Fruit Milk</p> |
| <p>22</p> <p>Deli Chicken & Cheese Sandwich Side Salad 100% Fruit Juice & Fruit Milk</p> | <p>23</p> <p>Ham & Cheese Sandwich Oven Baked Fries Fruit Cup & Fruit Milk</p> | <p>24</p> <p>Build Your Own Tuna Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>25</p> <p>Turkey & Cheese Sandwich Side Salad Apple Wedges & Fruit Milk</p> | <p>26</p> <p>Turkey Ham & Cheese Sandwich Baby Carrots 100% Fruit Juice & Fruit Milk</p> |
| <p>29</p> <p>Wowbutter Sandwich Side Salad Baby carrots 100% Fruit Juice & Fruit Milk</p> | <p>30</p> <p>Turkey & Cheese Sandwich on Pretzel Roll Oven Baked Fries Fruit Milk</p> | <p>31</p> <p>Turkey & Cheese Sandwich Whole Grain Cookie Baby Carrots 100% Fruit Juice & Fruit Milk</p> | <p>1</p> | <p>2</p> |

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Entrée Salad Menu 9-12



October 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 1 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk | 2 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk | 3 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice Fruit Milk | 4 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Orange Wedges & Fruit Milk | 5 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk |
| 8 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk | 9 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Cup & Fruit Milk | 10 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk | 11 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Premium Fruit Day & Fruit Milk | 12 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk |
| 15 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk | 16 Tuna Salad Wheat Crackers Ranch Dressing Cheesy Mashed Potatoes Dried Fruit & Fruit Milk | 17 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk | 18 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Fruit Milk | 19 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk |
| 22 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk | 23 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Cup & Fruit Milk | 24 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk | 25 Buffalo Chicken Salad Dinner Roll Ranch Dressing Side Salad Apple Wedges & Fruit Milk | 26 Southwest Chicken Salad Dinner Roll Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk |
| 29 Mexican Chicken Salad Popped Corn Chips Hot Sauce Side Salad 100% Fruit Juice & Fruit Milk | 30 Tuna Salad Wheat Crackers Ranch Dressing Oven Baked Fries Fruit Milk | 31 Chicken Taco Salad Popped Corn Chips Ranch Dressing Baby Carrots 100% Fruit Juice & Fruit Milk | 1 | 2 |

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Lunch Menu 9-12 Fieldtrip



October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|---|----------|--------|
| 1 | 2 | 3 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk | 4 | 5 |
| 8 | 9 | 10 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk | 11 | 12 |
| 15 | 16 | 17 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk | 18 | 19 |
| 22 | 23 | 24 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk | 25 | 26 |
| 29 | 30 | 31 Deli Sandwich Wowbutter & Jelly Sandwich w/ Baby Carrots Apple Sauce & Fruit Fruitable Juice (6oz) Whole Grain Cookie Milk | 1 | 2 |

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Breakfast includes one entrée, vegetable, 1 cup fruit serving, and fat free white milk or 1% white milk.

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Snack Menu



October 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| 1 Multi-Grain Bar 100% Fruit Juice (6 oz) | 2 Bean Dip Wheat Crackers | 3 Cereal Pouch 100% Fruit Juice (6 oz) | 4 Rice Krispies Treat Fruit (3/4 c) | 5 Cheese Puffs 100% Fruit Juice (6 oz) |
| 8 Cheez-its 100% Fruit Juice (6 oz) | 9 Graham Crackers Fruit (3/4 c) | 10 Baked Chips 100% fruit Juice (6 oz) | 11 Mini Gripz Grahams Fruit (3/4 c) | 12 Pretzels 100% Fruit Juice (6 oz) |
| 15 Mini Blueberry Muffin 100% Fruit Juice (6 oz) | 16 White Cheddar Cheese Dip Mini Soft Pretzel | 17 Chewy Granola Bar 100% fruit Juice (6 oz) | 18 Whole Grain Pop-Tart Fruit (3/4c) | 19 Crunch Mania Grahams 100% fruit Juice (6 oz) |
| 22 White Cheddar Cheez-its 100% Fruit Juice (6 oz) | 23 Apple Cinnamon Dipper Pretzel Bread | 24 Chex Mix 100% Fruit Juice (6 oz) | 25 Cheez-its Fruit (3/4c) | 26 Baked Chips 100% Fruit Juice (6oz) |
| 29 Chocolate Granola 100% Fruit Juice (6oz) | 30 Gouda Cheese Dip Wheat Crackers | 31 Cereal Pouch 100% Fruit Juice (6 oz) | 1 | 2 |

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Snack includes 2 items: grain, fruit, protein or milk.


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Supper Menu

October 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| 1 WG Fish Patty Burger w/ Cheese (2M/MA, 3 G/B) Oven Baked Fries (1/2 c veg) Apple Sauce (1/2 c) | 2 Country "Fried" Pork Chop w/ Gravy (2 M/MA, 0.5 G/B) Mashed Potatoes (1/2 c Veg) WG Corn Muffin (1 G/B) Apple Slices (1/2 c) | 3 WG Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B) Fruitable Juice (1/2 c) Fruit (1/2 c) | 4 WG Pizza Bagel Pepperoni & Mushrooms (2 M/MA, 1 GB, 1/2 c veg) 100% Fruit Juice (1/2 c) | 5 Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Fruit (1/2 c) |
| 8 Orange Chicken (2 M) WG Chow Mein Noodles (1G, 1/2 c veg) Apple Sauce (1/2 c) | 9 WG Cheesy Stuffed Shells (2M/MA, 1 G/B, 1/2 c veg) Apple Slices (1/2 c) | 10 WG Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c) | 11 Western Cheeseburger (2 M/MA, 2 G/B) Potato Wedges (1/2 c veg) 100% Fruit Juice (1/2 c) | 12 Turkey Pastrami & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Fruit (1/2 c) |
| 15 WG Cheeseburger Sliders (2M/MA, 2 G/B) Fruitable Juice (1/2 c) Apple Sauce (1/2 c) | 16 WG Carnitas Pork Burrito / OR Shredded Beef Burrito (2 M/MA, 2 G/B, 1/4 c veg) Salsa Cup (1/4 c veg) Fruit (1/2 c) | 17 Protein Box: Cheese Cubes (2 MA) Baby Carrots (1/2 c) WG Cheez-its (1 G/B) Apple Slices (1/2 c) | 18 WG Upside Down Chicken Pot Pie (2M/MA, 2 G/B, 1/2 c Veg) 100% Fruit Juice (1/2 c) | 19 Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Fruit (1/2 c) |
| 22 WG Chili Dog (2 M/MA, 2 G/B, 1/2 c Veg) Apple Sauce (1/2 c) | 23 Breakfast for Dinner: WG French Toast Stick (1 G/B) Potato Tots (1/2 c) Sausage Patties (2 M/MA) Apple Slices (1/2 c) | 24 Turkey & Cheese Sandwich on WG Pretzel Roll (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c) |  25 Mini Chicken Tacos Hot Sauce (2M/MA, 2 G) Fruitable Juice (1/2 c) Fruit (1/2 c) | 26 Turkey Ham & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Baby Carrots (1/4 c veg) Fruit (1/2 c) |
| 29 Chicken Parmesan with Spaghetti (2M, 1.5 G, 1/2 c Veg) Apple Sauce (1/2 c) | 30 Tangy Chicken Nuggets (2 M/MA, 1 G/B) Cheesy Mashed Potatoes (1/2 c Veg, 0.25 M) Apple Slices (1/2 c) | 31 Deli Chicken & Cheese Sandwich (2 M/MA, 2 G/B, 1/4 c veg) Fruitable Juice (1/2 c) Fruit (1/2 c) | 1 | 2 |

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Supper includes: 2 oz Meat/Meat Alternative, 1/2 Cup Vegetable and a minimum 1/4 Cup Fruit, 1 Cup Milk (flavored fat-free or unflavored low-fat)
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