






## NATIONAL SCHOOL LUNCH WEEK October 14-18

|   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
|   | <b>1</b><br>Mini Corn Dogs and Tots<br>Cheese Quesadilla*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                             | <b>2</b><br>Chicken Tacos<br>Cheese Lasagna w/roll*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                   | <b>3</b><br>Orange Chicken & Rice/Veg<br>Cheesy French Bread*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz  | <b>4</b><br>Pasta w/ Meatballs w/roll<br>Grilled Cheese*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz  |
| <b>7</b> <b>COOKIE DAY</b><br>Popcorn Chicken<br>Stuffed Shells w/Marinara*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz | <b>8</b><br>Chicken Drumsticks & Roll<br>Nacho Bites*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                 | <b>9</b><br>Chicken Patty & Bun<br>Cheesy Nachos*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                     | <b>10</b><br>Teriyaki Chicken w/Rice & Veg<br>Veggie Pinwheels*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz  | <b>11</b><br>Chicken Tacos<br>Cheese Enchilada*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz   |
| <b>14</b> <b>COLOR PAGE</b><br>Twin Burgers<br>Cheese Chalupa*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz              | <b>15</b> <b>WHOLE FRUIT ICE CUPS</b><br>Chicken Hot Dog & Cheezits<br>Cheese Tamale*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz | <b>16</b> <b>STICKER DAY</b><br>Chicken Tenders/ Potatoes<br>Bean and Cheese Burrito*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz | <b>17</b> <b>EAT THE RAINBOW SALAD BAR</b><br>Buffalo Twin Sliders <br>Mac & Cheese w/roll*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz | <b>18</b> <b>COOKIE DAY</b><br>Pepperoni Pizza <br>Cheese Pizza*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz |
| <b>21</b><br>Beef Taco Stix<br>Bread Stix & Marinara cup*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                   | <b>22</b><br>Mini Corn Dogs and Tots<br>Cheese Quesadilla*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                            | <b>23</b><br>Chicken Tacos<br>Cheese Lasagna w/roll*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                  | <b>24</b><br>Garlex Pizza (Cheese*, Pep, & Veggie*)<br>Orange Chicken & Rice/Veg<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz   | <b>25</b><br>Pasta w/ Meatballs w/roll<br>Grilled Cheese*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz   |
| <b>28</b><br>Popcorn Chicken & Roll<br>Stuffed Shells w/Marinara*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz           | <b>29</b><br>Chicken Drumsticks & Roll<br>Nacho Bites*<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                | <b>30</b><br>Chicken Patty & Bun<br>Cheesy Nachos*<br>Hummus Lunchable*<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz                                    | <b>31</b> <b>HALLOWEEN COOKIE</b><br>Garlex Pizza (Cheese*, Pep, & Veggie*)<br>Teriyaki Chicken w/Rice & Veg<br>Apple and Cheese/ Crackers *<br>Yogurt and Sunrise Grahams*<br>Assorted Milk 8 oz   | <b>NO SCHOOL</b><br><br>                            |

Turkey & Cheese Sandwich Box & Sunbutter with Jelly Sandwich\* offered daily. Ala-carte items for sale: Water \$0.50

**BREAKFAST- \$2.00**

*Enjoy a Healthy Salad Bar Every Day*

**LUNCH- \$3.75**

We offer a variety of fresh fruits and veggies weekly. This month's offering include: apples, pears, grapes, bananas, oranges, kiwi, mixed greens, baby carrots, edamame, chickpeas, cucumber & jicama sticks.

**Students Must Take A Minimum of 1/2 cup fruit and/or vegetable**

Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| October 7 & 21<br>Dutch Waffle*<br>Fruit and Juice       | October 8 & 22<br>WG Cinnamon Crumble Coffee Cake*<br>Fruit and Juice | October 9 & 23<br>Apple Frudel*<br>Fruit and Juice     | October 10 & 24<br>Muffin*<br>Fruit and Juice      | October 11 & 25<br>WG Cinnamon Roll*<br>Fruit and Juice    |
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
| October 14 & 28<br>Pancake on a stick<br>Fruit and Juice | October 1, 15 & 29<br>Yogurt And Crackers*<br>Fruit and Juice         | October 2, 16 & 30<br>French Toast*<br>Fruit and Juice | October 3, 17 & 31<br>Pancakes*<br>Fruit and Juice | October 4 & 18<br>Bagel & Cream Cheese*<br>Fruit and Juice |

Offered Daily: Cold Cereal, Milk & Graham Crackers or Yogurt with Sunrise Grahams

**VEGETARIAN ITEMS\***

**MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY**

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\* meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer.

For meal accommodations due to allergies please complete the form on our website and email KPerusse@pleasantonusd.net.