

School Name:

October 2019 Master Menu

Last Updated: 8/28/2019
At 10:00 am

Grades K - 12		October 2019 Master Menu								Last Updated: 8/28/2019 At 10:00 am	
Week 1 Options		Other Veggies 9/30/19	Starchy 10/1/19	Dark Green 10/2/19	Beans & Peas 10/3/19	Red & Orange 10/4/19					
Breakfast		Mini Bagels w/Cinnamon Cream Cheese	110	Egg & Cheese Burrito	180	Coco Puffs & WG Crackers	110	Pancakes with Syrup	170	Coffee Cake & String Cheese	
Breakfast	110	Yogurt & Graham Crackers		Orange Muffin & WG Crackers		English Muffin & Jelly		Bagel with Cream Cheese		Sunbutter & Graham Crackers	
Hot Meal		Creamy Chicken Chipotle over Penne Pasta with Mixed Vegetables		Beef Chili Cheese Tater Tots with Dinner Roll		Chicken Teriyaki with Brown Rice Pilaf & Steamed Broccoli & Carrots		Beef & Cheese Chimichanga with Pinto Beans	140	Spaghetti & Meatballs with Steamed Carrots	
Hot Meal	130	Mongolian Beef with Brown Rice Pilaf & Mixed Vegetables	150	Chicken Parmesan Sandwich with Tater Tots	150	Lemon Pepper Chicken with Brown Rice Pilaf & Steamed Broccoli & Carrots	150	Southwestern Chicken Bowl with Spanish Brown Rice, Pinto Beans & Whole Kernel Corn		Hawaiian Chicken with Brown Rice Pilaf & Steamed Carrots	
Cold Meal		Cajun Chicken Pasta with Carrot Sticks & Ranch		Turkey & Cheese Croissant Sandwich with Basil Corn Salad		Chicken Breast Pita Sandwich with Green Salad		Roasted Pepper Chicken Tortilla Wrap with BBQ Bean Salad		Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Carrot Sticks & Ranch	
Cold Meal		Turkey Salad Sandwich with Carrot Sticks & Ranch		Ham & Cheese Sandwich with Basil Corn Salad		Creamy Basil Chicken Sandwich on a Hoagie Roll with Green Salad		Turkey & Cheese Hoagie Sandwich with BBQ Bean Salad		Tuna Salad Sandwich with Carrot Sticks & Ranch	
Daily Salad	15	Chef Turkey & Ham Salad with a Wheat Dinner Roll	15	Santa Fe Chicken Salad with a Wheat Dinner Roll	15	Caesar Chicken Salad with a Wheat Dinner Roll	15	Greek Chicken Salad with a Wheat Dinner Roll	15	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack		Vanilla Wafers		Oatmeal Cookie		Strawberry Sport Graham Cr		Blueberry Nutri-Grain Bar		Orange Muffin	
NOTES											
Week 2 Options		Other Veggies 10/7/19	Starchy 10/8/19	Dark Green 10/9/19	Beans & Peas 10/10/19	Red & Orange 10/11/19					
Breakfast	130	Chocolate Crescent	130	Bean & Cheese Burrito	170	Lucky Charms & WG Crackers	110	Cinnamon French Toast w/Syrup	170	Mexican Concha	
Breakfast		Yogurt & Graham Crackers		Coco Puffs & WG Crackers		Orange Muffin & WG Crackers		Bagel with Cream Cheese		Sunbutter & Jelly Sandwich	
Hot Meal	160	Chicken Fettuccine Alfredo with Mixed Vegetables	150	Chili Dog with Whole Kernel Corn	150	Beef Lasagna with Steamed Broccoli & Carrots		Chicken Quesadilla with Pinto Beans		Pepperjack Cheeseburger with Sweet Potato	
Hot Meal		Lemon Pepper Chicken with Brown Rice Pilaf & Mixed Vegetables		Chicken Taquitos with Whole Kernel Corn		Chicken Teriyaki with Brown Rice Pilaf & Steamed Broccoli & Carrots	150	Beef & Cheese Nachos with Pinto Beans	150	Double Dog Chicken Hot Dogs with Sweet Potato	
Cold Meal		Garlic Pesto Chicken Pasta with Carrot Sticks & Ranch		Oriental Chicken Wheat Tortilla Wrap with BBQ Corn Salad		Ham & Cheese Croissant Sandwich with Green Salad		Chicken Breast Pita Sandwich with Cilantro Bean Salad		Tuna Salad Sandwich with Carrot Sticks & Ranch	
Cold Meal		Turkey Salad Sandwich with Carrot Sticks & Ranch		Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with BBQ Corn Salad		BBQ Chicken Sandwich on a Hoagie Roll with Green Salad		Turkey & Cheese Sandwich with Cilantro Bean Salad		Turkey & Cheese Croissant Sandwich with Carrot Sticks & Ranch	
Daily Salad	15	Chef Turkey & Ham Salad with a Wheat Dinner Roll	15	Santa Fe Chicken Salad with a Wheat Dinner Roll	15	Caesar Chicken Salad with a Wheat Dinner Roll	15	Greek Chicken Salad with a Wheat Dinner Roll	15	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack		Animal Crackers		Cinnamon Bites		Cheez-It Crackers		Jungle Crackers		Banana Muffin	
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Week 3 Options		Other Veggies 10/14/19	Starchy 10/15/19	Dark Green 10/16/19	Beans & Peas 10/17/19	Red & Orange 10/18/19					
Breakfast	130	Mini Bagels w/Strawberry Cream Cheese	130	Egg & Cheese Taco	170	Reduced Sugar Cinnamon Toast Crunch & WG Crackers		Waffles with Syrup		WG Apple Cinnamon Donut	
Breakfast		String Cheese & Graham Crackers		Multi Grain Cheerios & WG Crackers		Blueberry Muffin & WG Crackers		Mini Bagel with Sunbutter		English Muffin & Jelly	
Hot Meal		Spaghetti & Meatballs with Mixed Vegetables	150	Honey BBQ Chicken Wings with Dinner Roll & Mashed Potatoes	230	Pepperoni Pizza with Green Salad		Green Wet Chicken Burrito with Pinto Beans		Chicken Chow Mein & Steamed Carrots	
Hot Meal		Orange Chicken with Brown Rice Pilaf & Mixed Vegetables		Chicken Parmesan Sandwich with Mashed Potatoes		Pesto Chicken Penne Pasta with Green Salad		Chicken Tamal with Pinto Beans		Hawaiian Chicken with Brown Rice Pilaf & Steamed Carrots	
Cold Meal		Tuna Pasta with Carrot Sticks & Ranch		Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Basil Corn Salad		Turkey Salad Sandwich with Green Salad		Caesar Chicken Tortilla Wrap with Cilantro Bean Salad		Turkey & Cheese Croissant Sandwich with Carrot Sticks & Ranch	
Cold Meal		Chicken Breast Pita Sandwich with Carrot Sticks & Ranch		Turkey & Cheese Sandwich with Basil Corn Salad		Creamy Basil Chicken Sandwich on a Hoagie Roll with Green Salad		Ham & Cheese Hoagie Sandwich with Cilantro Bean Salad		Chicken Salad Sandwich with Carrot Sticks & Ranch	
Daily Salad	15	Chef Turkey & Ham Salad with a Wheat Dinner Roll	15	Santa Fe Chicken Salad with a Wheat Dinner Roll	15	Caesar Chicken Salad with a Wheat Dinner Roll	15	Greek Chicken Salad with a Wheat Dinner Roll	15	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack		Chocolate Gripz Graham Bits		Oatmeal Cookie		Blueberry Lemon Bites		Strawberry Nutri-Grain Bar		Apple Muffin	
NOTES											
Week 4 Options		Other Veggies 10/21/19	Starchy 10/22/19	Dark Green 10/23/19	Beans & Peas 10/24/19	Red & Orange 10/25/19					
Breakfast	140	Grape Crescent	110	Apple Cinnamon Tamal	170	Multi Grain Cheerios & WG Crackers	110	Pancakes with Syrup	130	Mini Cinnamon Rolls	
Breakfast		Yogurt & Graham Crackers		Lucky Charms & WG Crackers		Banana Muffin & WG Crackers		Bagel with Cream Cheese		Sunbutter & Jelly Sandwich	
Hot Meal	150	Penne Pasta & Meat Sauce with Mixed Vegetables		Chicken, Sausage & Brown Rice Jambalaya with Whole Kernel Corn & Dinner Roll		Creamy Chicken Chipotle with Brown Rice Pilaf & Steamed Broccoli & Carrots		Macaroni & Cheese with BBQ Baked Beans		Breaded Chicken Patty Sandwich with Sweet Potato	
Hot Meal		Chicken Teriyaki with Brown Rice Pilaf & Mixed Vegetables	150	Pepperjack Cheeseburger with Whole Kernel Corn	150	Lemon Pepper Chicken with Brown Rice Pilaf & Steamed Broccoli & Carrots	150	Breaded Chicken Drumstick with BBQ Baked Beans & Dinner Roll	150	Beef Hot Dog with Sweet Potato	
Cold Meal		Parmesan Chicken Pasta with Carrot Sticks & Ranch		Creamy Basil Chicken Tortilla Wrap with Basil Corn Salad		Turkey & Cheese Sandwich with Green Salad		Chicken Breast Pita Sandwich with Cilantro Bean Salad		Chicken Salad Sandwich with Carrot Sticks & Ranch	
Cold Meal		Ham & Cheese Sandwich with Carrot Sticks & Ranch		BBQ Chicken Sandwich on a Hoagie Roll with Basil Corn Salad		Cilantro Turkey Sandwich on a Hoagie Roll with Green Salad		Turkey Salad Sandwich with Cilantro Bean Salad		Ham & Cheese Croissant Sandwich with Carrot Sticks & Ranch	
Daily Salad	15	Chef Turkey & Ham Salad with a Wheat Dinner Roll	15	Santa Fe Chicken Salad with a Wheat Dinner Roll	15	Caesar Chicken Salad with a Wheat Dinner Roll	15	Greek Chicken Salad with a Wheat Dinner Roll	15	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack		Animal Crackers		Goldfish Crackers		Scooby Doo Crackers		Cinnamon Graham Bug Bites		Blueberry Muffin	
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Week 5 Options		Other Veggies 10/28/19	Starchy 10/29/19	Dark Green 10/30/19	Beans & Peas 10/31/19	Red & Orange 11/1/19					
Breakfast	130	Mini Bagels w/Cinnamon Cream Cheese	130	Egg & Cheese Burrito	170	Coco Puffs & WG Crackers	110	Cinnamon French Toast w/Syrup	150	Coffee Cake & String Cheese	

Breakfast		String Cheese & Graham Crackers		Reduced Sugar Cinnamon Toast Crunch & WG Crackers		Apple Muffin & WG Crackers		Mini Bagel with Sunbutter		English Muffin & Jelly
Hot Meal	150	Pesto Chicken Spaghetti with Mixed Vegetables	150	Sloppy Joe Sandwich with Mashed Potatoes	230	Pepperoni Pizza with Green Salad	150	Beef & Cheese Nachos with Pinto Beans		Orange Chicken with Brown Rice Pilaf & Steamed Carrots
Hot Meal		Hawaiian Chicken with Brown Rice Pilaf & Mixed Vegetables		Honey BBQ Chicken Wings with Dinner Roll & Mashed Potatoes		Chicken Fettuccine Alfredo with Green Salad		Southwestern Chicken Bowl with Spanish Brown Rice, Pinto Beans & Whole Kernel Corn	150	Spaghetti & Meatballs with Steamed Carrots
Cold Meal		Marinara Chicken Pasta with Carrot Sticks & Ranch		Turkey & Cheese Croissant Sandwich with Basil Corn Salad		Chicken Breast Pita Sandwich with Green Salad		Roasted Pepper Chicken Tortilla Wrap with Cilantro Bean Salad		Italian Turkey, Ham & Cheese Hoagie Roll Sandwich with Carrot Sticks & Ranch
Cold Meal		Turkey Salad Sandwich with Carrot Sticks & Ranch		Ham & Cheese Sandwich with Basil Corn Salad		Creamy Basil Chicken Sandwich on a Hoagie Roll with Green Salad		Turkey & Cheese Hoagie Sandwich with Cilantro Bean Salad		Tuna Salad Sandwich with Carrot Sticks & Ranch
Daily Salad	15	Chef Turkey & Ham Salad with a Wheat Dinner Roll	15	Santa Fe Chicken Salad with a Wheat Dinner Roll	15	Caesar Chicken Salad with a Wheat Dinner Roll	15	Greek Chicken Salad with a Wheat Dinner Roll	15	Chinese Chicken Salad with a Wheat Dinner Roll
Snack		Vanilla Wafers		Oatmeal Cookie		Strawberry Sport Graham Cr		Blueberry Nutri-Grain Bar		Orange Muffin
NOTES										

Please circle or highlight your grade group levels and input your counts to the left of each meal you want to order. Orders not submitted before the 5 business day deadline will receive meals selected by their client representative. Order counts may be changed within a 48 hour notice. More than 50% of weekly grains/breads are whole grain rich. Fruits are subject to change depending on availability of product. All breakfast, lunches and suppers are served with milk and fruit. Menu subject to change.