

Breakfast K-12

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	3 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter French Toast w/ Syrup Diced Peaches & 100% Grape Juice	5 Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9	10 Cinnamon Crisp Bar Raisins & 100% Grape Juice	11 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese Waffles w/ Syrup Apple Slices & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	18 Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100% Grape Juice	19 Cinnamon Toast Crunch w/Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	20 Cinnamon Crisp Bar Raisins & 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	24 Strawberry Yogurt w/ Graham Crackers NEW! Breakfast Pizza Apple Slices & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers French Toast w/ Syrup Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese Cinnamon Bun Apple Slices & 100% Orange Juice	27 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	31 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple			

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



Lunch K-8

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	3 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear	4 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice w/ Beans & Cheese (V) Fresh Apple	5 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	6 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
9	10 Chicken Fajita w/ Black Beans & Tomato Spanish Rice w/ Beans & Cheese (V) Fresh Pear	11 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Apple	12 NEW! Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
16 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple	17 Beef Meatballs in Tomato Sauce w/ Club Roll Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	18 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Apple	19 Chicken Tamale w/ Spanish Rice & Refried Beans Baby Carrots w/ Ranch Dressing French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Fresh Banana	20 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple
23 Meatloaf w/ Gravy & Mashed Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple	24 NEW! Sweet & Sour Meatballs w/ Brown Rice Cheese Raviolis (V) Green Beans Fresh Pear	25 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Apple	26 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V) Fresh Banana	27 Chicken Salad Sandwich Cheese Pizza (V) Garden Salad w/ Ranch Dressing Fresh Apple
30 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple	31 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Fresh Pear			

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Lunch 9-12

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange	3 Chicken Tenders w/ Ketchup & Roasted Potatoes Protein Pasta Alfredo w/ Peas (V) Diced Peaches & Fresh Pear	4 Turkey Hot Dog w/ Ketchup & Baked Beans Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	5 Chicken Caesar Salad w/ Pita Bread Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	6 Chicken Breast Sandwich w/ Mayonnaise French Bread Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
9	10 Chicken Fajita w/ Brown Rice & Baked Beans Spanish Rice & Beans w/ Cheese (V) Diced Peaches & Fresh Pear	11 Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V) Fresh Banana & Fresh Apple	12 NEW! Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	13 Turkey & Cheese Sandwich w/ Mayonnaise Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
16 Chicken Nuggets w/ Ketchup & Baked Beans Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V) Fresh Apple & Fresh Orange	17 Beef Meatballs in Tomato Sauce w/ Mozzarella Cheese Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	18 NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn Veggie Burger w/ Ketchup & Roasted Potatoes (V) Fresh Banana & Fresh Apple	19 Chicken Tamale w/ Spanish Rice & Refried Beans Baby Carrots w/ Ranch Dressing French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V) Diced Pineapple & Fresh Banana	20 Egg Salad Sandwich (V) French Bread Cheese Pizza (V) Celery w/ Ranch Dressing Fresh Apple & Raisins
23 Meatloaf w/ Gravy & Mashed Potatoes Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	24 NEW! Sweet & Sour Meatballs w/ Brown Rice & Green Beans Edamame Noodle Bowl (V) Vegetable Blend Diced Peaches & Fresh Pear	25 BBQ Chicken w/ Brown Rice & Baked Beans Chickpea Marinara Pasta (V) Fresh Banana & Fresh Apple	26 Turkey Fajita w/ Brown Rice & Carrots Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V) Diced Pineapple & Fresh Banana	27 Chicken Salad Sandwich Cheese Pizza (V) Garden Side Salad w/ Ranch Dressing Fresh Apple & Raisins
30 BBQ Beef Meatballs w/ Club Roll Pasta w/ Tomato Sauce & Mozzarella Cheese (V) Broccoli Fresh Apple & Fresh Orange	31			

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