

OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> dipperdoodle bar cinnamon grahams & cinnamon rumbles 	2 <ul style="list-style-type: none"> breakfast enchilada scramble with scoops (VG) lemon muffin multigrain cheerios w/ zac attack bar 	3 <ul style="list-style-type: none"> pepperjack cheese and omelet gordita zee zee cinnamon crisp bar cinnamon chex w/ zac attack bar 	4 <ul style="list-style-type: none"> chicken sausage and cheddar brekwich blueberry muffin cheerios w/ mini dipperdoodle 	5 <ul style="list-style-type: none"> egg & sausage quesadilla blueberry bagel w/ cream cheese corn chex w/ zac attack bar
8 <ul style="list-style-type: none"> string cheese & cinnamon grahams multigrain cheerios w/ mini dipperdoodle 	9 <ul style="list-style-type: none"> pancakes w/ syrup french toast muffin cinnamon chex w/ zac attack bar 	10 <ul style="list-style-type: none"> french toast sticks cinnamon raisin bagel cheerios w/ mini dipperdoodle 	11 <ul style="list-style-type: none"> new!! green chile breakfast burrito lemon muffin cinnamon chex w/ zac attack bar 	12 <ul style="list-style-type: none"> cinnamon toast bagel yogurt & cinnamon grahams multigrain cheerios w/ zac attack bar
15 <ul style="list-style-type: none"> zee zee cinnamon crisp bar cherrios w/ zac attack bar 	16 <ul style="list-style-type: none"> new!! peach pancake bowl blueberry muffin cinnamon grahams & cinnamon rumbles 	17 <ul style="list-style-type: none"> cinnamon toast bagel new!! strawberry yogurt parfait cinnamon chex w/ zac attack bar 	18 <ul style="list-style-type: none"> cheesy bean burrito french toast muffin multigrain cherrios w/ zac attack bar 	19 <p>• STUDENT HOLIDAY</p>
22 <ul style="list-style-type: none"> string cheese & cinnamon grahams dipperdoodle bar 	23 <ul style="list-style-type: none"> southwest chicken chorizo & cheese bagel new!! mini french toast muffins & string cheese cinnamon chex w/ zac attack bar 	24 <ul style="list-style-type: none"> mini cheese omelet w/ french toast sticks cinnamon crumble new!! apple crisp granola 	25 <ul style="list-style-type: none"> pancakes w/ syrup blueberry muffin cherrios w/ mini dipperdoodle 	26 <ul style="list-style-type: none"> new!! cornbread, sausage & egg omelet bagel w/ cream cheese cinnamon chex w/ zac attack bar
29 <ul style="list-style-type: none"> dipperdoodle bar cinnamon grahams & cinnamon rumbles 	30 <ul style="list-style-type: none"> breakfast enchilada scramble lemon muffin multigrain cheerios w/ zac attack bar 	31 <ul style="list-style-type: none"> pepperjack cheese & omelet gordita zee zee cinnamon crisp bar cinnamon chex w/ zac attack bar 		

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

Breakfast: choice of 1% or fat-free milk; fresh fruit served daily except when fruit juice is offered.

OCTOBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> spaghetti & meatballs (DF) cheese pizza (VG) crispy chicken sandwich (DF) southwest veggie wrap (VG) steamed carrots 	<p>2</p> <ul style="list-style-type: none"> cheesy ravioli (VG) hot dog (DF) kickin chicken melt garden ranch salad w/ chicken broccoli w/ ranch 	<p>3</p> <ul style="list-style-type: none"> oven roasted chicken sandwich cheesy pizza bites (VG) buffalo chicken sandwich turkey & cheddar sandwich chili citrus corn 	<p>4</p> <ul style="list-style-type: none"> bbq meatballs w/ cheesy rice creamy chicken alfredo chicken sausage & cheddar eggel sunbutter & jelly sandwich green beans 	<p>5</p> <ul style="list-style-type: none"> firecracker chicken breakfast for lunch: pancakes w/ omelet (VG) buffalo chicken crunchadilla chicken caesar wrap pinto beans and baby carrots
<p>8</p> <ul style="list-style-type: none"> cheesy pizza bites (VG) mac & cheese w/ chicken bites spicy chicken sausage & cheese eggel turkey & cheddar sandwich steamed corn 	<p>9</p> <ul style="list-style-type: none"> bean and cheese quesadilla (VG) hot dog (DF) popcorn chicken taco dippers kit (VG) orangy carrots 	<p>10</p> <ul style="list-style-type: none"> new!! bean & cheese pupusa (VG) cheese pizza (VG) sloppy joe (DF) honey mustard chicken wrap green beans 	<p>11</p> <ul style="list-style-type: none"> spaghetti marinara (VG) chicken taco trio meatball sub chicken pizza party salad broccoli 	<p>12</p> <ul style="list-style-type: none"> fiesta scoops w/ three layer dip (VG) rainbow veggie pizza (VG) buffalo chicken crunchadilla chicken salad sandwich (DF) black eyed peas and grape tomatoes
<p>15</p> <ul style="list-style-type: none"> chicken bites chicken sausage & cheddar eggel pasta with zesty beef southwest veggie wrap (VG) island glazed carrots 	<p>16</p> <ul style="list-style-type: none"> classic chicken parm pasta buffalo chicken pizza bean & cheese quesadilla (VG) santa fe chile chicken wrap chili citrus corn 	<p>17</p> <ul style="list-style-type: none"> cheese pizza (VG) chicken potstickers w/ not-so-fried rice hot dog (DF) sesame chicken wrap (DF) celery sticks w/ ranch 	<p>18</p> <ul style="list-style-type: none"> crispy chicken sandwich (DF) NEW!! spicy popcorn chicken sandwich spaghetti marinara (VG) egg salad sandwich (VG) broccoli & carrot salad 	<p>19</p> <ul style="list-style-type: none"> STUDENT HOLIDAY
<p>22</p> <ul style="list-style-type: none"> bbq beef flatbread cheesy pizza bites (VG) mac & cheese w/ chicken bites chicken caesar salad broccoli 	<p>23</p> <ul style="list-style-type: none"> chicken gumbo & cornbread cheese tamale firecracker chicken w/ sesame noodles southwest veggie wrap (VG) steamed corn 	<p>24</p> <ul style="list-style-type: none"> oven roasted chicken sandwich (DF) cheesy pizza bites (VG) sloppy joe (DF) honey mustard chicken wrap coleslaw 	<p>25</p> <ul style="list-style-type: none"> NEW!! kung pao chicken chicken marinara pasta bake spaghetti marinara (VG) turkey & cheddar sandwich steamed carrots 	<p>26</p> <ul style="list-style-type: none"> hot dog (DF) bean & cheese quesadilla (VG) buffalo chicken pizza sesame chicken wrap (DF) pinto beans and grape tomatoes
<p>29</p> <ul style="list-style-type: none"> spaghetti & meatballs (DF) cheese pizza (VG) crispy chicken sandwich (DF) southwest veggie wrap (VG) steamed carrots 	<p>30</p> <ul style="list-style-type: none"> cheesy ravioli (VG) hot dog (DF) kickin chicken melt honey mustard salad w/ grilled chicken broccoli w/ ranch 	<p>31</p> <ul style="list-style-type: none"> potstickers w/ non-so-fried rice cheesy pizza bites (VG) buffalo chicken sandwich mighty meaty deli combo chili citrus corn 		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

- Vegetable** of the day