

October

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese <p>2</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>3</p>	<ul style="list-style-type: none"> Classic Egg and Cheese Brekwich (English Muffin) <p>4</p>	<ul style="list-style-type: none"> French Toast Sticks <p>5</p>	<p>NO SCHOOL</p> <p>6</p>
<p>NO SCHOOL</p> <p>9</p>	<ul style="list-style-type: none"> Cinnamon Duo: Skeeter Cinnamon Grahams/Cinnamon Rumbles <p>10</p>	<ul style="list-style-type: none"> Cinnamon Chex/Zac Attack Strawberry (1.35 oz) (DF) <p>11</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>12</p>	<ul style="list-style-type: none"> Autumn Spice Muffin (seasonal) <p>13</p>
<ul style="list-style-type: none"> Zac Omega Bar Blackberry (2.5 oz) (DF) <p>16</p>	<ul style="list-style-type: none"> Yogurt/Skeeter Honey Grahams <p>17</p>	<ul style="list-style-type: none"> MultiGrain Cheerios/Zac Attack Strawberry (1.35 oz) (DF) <p>18</p>	<ul style="list-style-type: none"> French Toast Muffin <p>19</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>20</p>
<ul style="list-style-type: none"> Dipper Doodle Bar (2.3 oz) (DF) <p>23</p>	<ul style="list-style-type: none"> Southwest Chicken Chorizo and Cheese Bagel Sandwich <p>24</p>	<ul style="list-style-type: none"> Omelet w/ Cheese <p>25</p>	<ul style="list-style-type: none"> Pancakes w/ Syrup <p>26</p>	<ul style="list-style-type: none"> RF Cocoa Critters Cereal (DF) <p>27</p>
<ul style="list-style-type: none"> Zee Zees Berry Apple Crisp Bar (DF) <p>30</p>	<ul style="list-style-type: none"> French Toast, Maple Turkey Sausage, and Egg Combo <p>31</p>			

what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

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

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.

o Vegetable of the day

October

BREAKFAST PSN

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> Skeeter Honey Grahams/Cinnamon Rumbles (DF) <p>2</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>3</p>	<ul style="list-style-type: none"> Classic Egg and Cheese Brekwich (English Muffin) <p>4</p>	<ul style="list-style-type: none"> French Toast Sticks <p>5</p>	<ul style="list-style-type: none"> NO SCHOOL <p>6</p>
<p>NO SCHOOL</p> <p>9</p>	<ul style="list-style-type: none"> Cinnamon Duo: Skeeter Cinnamon Grahams/Cinnamon Rumbles <p>10</p>	<ul style="list-style-type: none"> Cheerios (DF) <p>11</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>12</p>	<ul style="list-style-type: none"> Autumn Spice Muffin (seasonal) <p>13</p>
<ul style="list-style-type: none"> Corn Chex (DF) <p>16</p>	<ul style="list-style-type: none"> Cinnamon Rumbles and Yogurt <p>17</p>	<ul style="list-style-type: none"> Multigrain Cheerios (DF) <p>18</p>	<ul style="list-style-type: none"> French Toast Muffin <p>19</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>20</p>
<ul style="list-style-type: none"> Cinnamon Rumbles and String Cheese <p>23</p>	<ul style="list-style-type: none"> Blueberry Muffin <p>24</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel/Cream Cheese <p>25</p>	<ul style="list-style-type: none"> Skeeter Honey Grahams/Cinnamon Rumbles (DF) <p>26</p>	<ul style="list-style-type: none"> Breakfast Cinnamon Crumble <p>27</p>
<ul style="list-style-type: none"> Multigrain Cheerios (DF) <p>30</p>	<ul style="list-style-type: none"> Blueberry Burst Whole Grain Bagel/Cream Cheese <p>31</p>			

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October

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Five Cheese Lasagna (VG) • Meatball Sub • Steamed Corn <p>2</p>	<ul style="list-style-type: none"> • Baked Mac & Cheese and Chicken Bites Lunch Combo • Baby Carrots <p>3</p>	<ul style="list-style-type: none"> • Classic Chicken Parm Pasta • Seasoned Garbanzo Beans Baby Carrots <p>4</p>	<ul style="list-style-type: none"> • The Revolution Dog (DF) • Cheese Pizza with a Whole Grain Crust (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>5</p>	<ul style="list-style-type: none"> • NO SCHOOL <p>6</p>
National School Lunch Week				
<ul style="list-style-type: none"> • NO SCHOOL <p>9</p>	<ul style="list-style-type: none"> • Creamy Tomato Curry with Grilled Chicken • Cheddar Cheese Sandwich (VG) • Blanched Broccoli and Edamame <p>10</p>	<ul style="list-style-type: none"> • Classic Spaghetti and Meatballs (DF) • Sunny Sandwich Kit (VG) • Sweet Potatoes <p>11</p>	<ul style="list-style-type: none"> • Cheese Pizza with a Whole Grain Crust (VG) • Flame Broiled Beef Cheeseburger • Celery Sticks with Ranch <p>12</p>	<ul style="list-style-type: none"> • Chicken Bites (DF) • Veggie Taco Salad (VG) • Braised Greens <p>13</p>
<ul style="list-style-type: none"> • BBQ Chicken with Cheesy Rice • Sunny Sandwich Kit (VG) • Baby Carrots <p>16</p>	<ul style="list-style-type: none"> • Chili Citrus Drumstick with Rice (DF) • Bean and Cheese Quesadilla (VG) • Turkey and Cheddar Sandwich • Blanched Broccoli and Edamame <p>17</p>	<ul style="list-style-type: none"> • General Tso's Chicken • Southwest Veggie Wrap (VG) • Chicken Salad Sandwich (DF) <p>18</p>	<ul style="list-style-type: none"> • The Revolution Dog (DF) • Veggie Chef's Salad (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>19</p>	<ul style="list-style-type: none"> • Pasta with Zesty Beef • Sesame Chicken Salad Egg Salad Sandwich • Chilled Seasoned Green Beans <p>20</p>
<ul style="list-style-type: none"> • (Hot) Turkey and Cheese Flatbread Sandwich • Egg Salad Sandwich (VG) (DF) • Steamed Corn <p>23</p>	<ul style="list-style-type: none"> • Cheesy Ravioli (VG) • Chicken Salad Sandwich (DF) • Chilled, Seasoned Green Beans <p>24</p>	<ul style="list-style-type: none"> • Sweet Garlic Noodles with Chicken Thigh • Cheddar Cheese Sandwich (VG) • Edamame with Grape Tomatoes <p>25</p>	<ul style="list-style-type: none"> • Flame Broiled Beef Cheeseburger • Veggie Taco Salad (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>26</p>	<ul style="list-style-type: none"> • Buffalo Chicken Pizza • Hummus Dippers (VG) • Sweet Potatoes <p>27</p>
<ul style="list-style-type: none"> • Cheddar Cheese Sandwich (VG) • Turkey and Cheddar Sandwich • Chilled, Seasoned Green Beans <p>30</p>	<ul style="list-style-type: none"> • Lone Star BBQ Chicken Sandwich • Sunny Sandwich Kit (VG) • Sandwich • Baby Carrots <p>31</p>			

celebrate
national school
lunch week!

October 9-13 is
National School Lunch
Week, and we're
celebrating with an all-
star menu of all your
favorite meals!

*Stop by the lunchroom
and try something new!*

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

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options available daily – if not listed on
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o Vegetable of the day

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LUNCH PSN

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<ul style="list-style-type: none"> • Five Cheese Lasagna (VG) • Crispy Chicken Sandwich (DF) • Steamed Corn <p>2</p>	<ul style="list-style-type: none"> • Baked Mac & Cheese and Chicken Bites Lunch Combo • Cheese Pizza Panada Pie (VG) • Steamed Carrots <p>3</p>	<ul style="list-style-type: none"> • Classic Chicken Parm Pasta • Pinto Beans and Diced Carrots <p>4</p>	<ul style="list-style-type: none"> • Buffalo Chicken Sandwich • Egg Salad Sandwich (DF) (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>5</p>	<p>NO SCHOOL</p> <p>6</p>
National School Lunch Week				
<p>NO SCHOOL</p> <p>9</p>	<ul style="list-style-type: none"> • Creamy Tomato Curry with Grilled Chicken • Cheddar Cheese Sandwich (VG) • Blanched Broccoli and Pinto Beans <p>10</p>	<ul style="list-style-type: none"> • Spaghetti Marinara with Mozzarella (VG) • Sweet Potatoes <p>11</p>	<ul style="list-style-type: none"> • Cheese Pizza with a Whole Grain Crust (VG) • Flame Broiled Beef Cheeseburger • Sliced Cucumbers with Ranch <p>12</p>	<ul style="list-style-type: none"> • Chicken Enchiladas • Sunny Sandwich Kit (VG) • Braised Greens <p>13</p>
<ul style="list-style-type: none"> • BBQ Chicken with Cheesy Rice • Steamed Carrots <p>16</p>	<ul style="list-style-type: none"> • Turkey and Cheddar Sandwich • Blanched Broccoli and Pinto Beans <p>17</p>	<ul style="list-style-type: none"> • General Tso's Chicken • Southwest Veggie Wrap (VG) • Steamed Corn <p>18</p>	<ul style="list-style-type: none"> • Oven Roasted Chicken Sandwich (DF) • Cheddar Cheese Sandwich (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>19</p>	<ul style="list-style-type: none"> • Pasta with Zesty Beef • Egg Salad Sandwich (VG) (DF) FW 2 • Chilled Seasoned Green Beans <p>20</p>
<ul style="list-style-type: none"> • Chicken Bites (DF) • Egg Salad Sandwich (VG) (DF) • Steamed Corn <p>23</p>	<ul style="list-style-type: none"> • Cheesy Ravioli (VG) • Chilled, Seasoned Green Beans <p>24</p>	<ul style="list-style-type: none"> • Sweet Garlic Noodles with Chicken Thigh • Cheddar Cheese Sandwich (VG) • Pinto Beans and Diced Carrots <p>25</p>	<ul style="list-style-type: none"> • Flame Broiled Beef Cheeseburger • Southwest VG Wrap (VG) • Chopped Lettuce and Sliced Tomatoes with Ranch <p>26</p>	<ul style="list-style-type: none"> • Buffalo Chicken Pizza • Hummus Dippers (VG) • Sweet Potatoes <p>27</p>
<ul style="list-style-type: none"> • Chicken Potstickers (DF) • Cheddar Cheese Sandwich (VG) • Turkey and Cheddar Sandwich • Chilled, Seasoned Green Beans <p>30</p>	<ul style="list-style-type: none"> • Lone Star BBQ Chicken Sandwich • Sandwich • Steamed Carrots <p>31</p>			

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