

OCTOBER BREAKFAST

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • cheerios & mini dippers & fruit	2 • HOT cheesy omelet	3 • apple cinnamon muffin	4 • HOT buttermilk pancakes • pineapple juice available	5 • No School
8 • No School	9 • HOT French toast sticks	10 • blueberry burst muffin	11 • cinnamon raisin bagel (vg) • orange juice available	12 • yogurt & granola
15 • cinnamon grahams & string cheese	16 • HOT buttermilk pancakes	17 • corn chex & mini dippers & fruit	18 • HOT cheesy omelet • pineapple juice available	19 • cinnamon crumble
22 • cinnamon "dipperdoodle" bar (df)	23 • HOT French toast, turkey sausage, & egg	24 • HOT pancake peach bowl	25 • cinnamon grahams & string cheese • orange juice available	26 • mini french toast muffin & string cheese
29 • yogurt & educational snacks	30 • zee zees berry apple bar (df)	31 • HOT southwest chorizo & cheese bagel		

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 BREAKFAST

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • cheerios & fruit	2 • cinnamon crumbles	3 • apple cinnamon muffin	4 • HOT cheesy omelet • pineapple Juice Available	5 • No School
8 • No School	9 • HOT French toast sticks	10 • blueberry burst muffin	11 • cinnamon raisin bagel (vg) • orange juice available	12 • yogurt & granola
15 • cinnamon graham's & string cheese	16 • HOT buttermilk pancakes	17 • honey graham's & cinnamon rumbles (df)	18 • HOT cheesy omelet • pineapple juice available	19 • cinnamon crumble
22 • honey graham & cinnamon rumbles (df)	23 • HOT French toast sticks	24 • HOT pancake peach bowl	25 • cinnamon graham's & string cheese	26 • mini French toast muffin & string cheese
29 • yogurt & educational snacks	30 • corn chex & fruit	31 • HOT southwest chorizo & cheese bagel		

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OCTOBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> chili citrus drumstick & rice (df) rainbow veggie pizza (v) steamed Corn 	<p>2</p> <ul style="list-style-type: none"> creamy pasta alfredo (v) celery sticks 	<p>3</p> <ul style="list-style-type: none"> beef burger (df) hearty veggie chili (v) seasoned garbanzo beans (chilled) baby carrots 	<p>4</p> <ul style="list-style-type: none"> chicken taco trio veggie chef's salad (v) lettuce & tomatoes with ranch 	<p>5</p> <ul style="list-style-type: none"> No School
<p>8</p> <ul style="list-style-type: none"> No School 	<p>9</p> <ul style="list-style-type: none"> chicken teriyaki (df) glazed carrots 	<p>10</p> <ul style="list-style-type: none"> the revolution dog (df) veggie chef's salad (v) warm pinto beans grape tomatoes with ranch 	<p>11</p> <ul style="list-style-type: none"> cheese enchiladas plate (v) chicken bites broccoli & carrot salad 	<p>12</p> <ul style="list-style-type: none"> PIZZA FRIDAY (1st -12th) spaghetti & meatballs (df) taco dippers kit (v) cucumber & tomato salad
<p>15</p> <ul style="list-style-type: none"> chicken gumbo & cornbread cheddar cheese sandwich (v) seasoned green beans (chilled) 	<p>16</p> <ul style="list-style-type: none"> bbq beef flatbread melt mac & cheese and chicken bites egg salad sandwich (v) sweet potatoes 	<p>17</p> <ul style="list-style-type: none"> grilled chicken bites with bbq bean sauce hummus dippers (v) edamame beans (chilled) baby carrots 	<p>18</p> <ul style="list-style-type: none"> bean & cheese pupusa (v) beef cheeseburger lettuce & tomatoes with ranch 	<p>19</p> <ul style="list-style-type: none"> PIZZA FRIDAY (1st -12th) spicy popcorn chicken sandwich southwest veggie wrap (v) chili citrus corn
<p>22</p> <ul style="list-style-type: none"> the revolution dog (df) philly cheesesteak calzoni (v) steamed corn 	<p>23</p> <ul style="list-style-type: none"> uncle Ted's bbq chicken drumstick with cheesy rice cheddar cheese sandwich (v) sweet potatoes 	<p>24</p> <ul style="list-style-type: none"> creamy chicken alfredo bbq "beef" calzoni (v)(df) seasoned garbanzo beans (chilled) grape tomatoes 	<p>25</p> <ul style="list-style-type: none"> pepperjack cheeseburger veggie taco salad (v) lettuce & tomatoes with ranch 	<p>26</p> <ul style="list-style-type: none"> PIZZA FRIDAY (1st -12th) hot meatball sub southwest veggie wrap (v) seasoned green beans (chilled)
<p>29</p> <ul style="list-style-type: none"> jerk drumstick & pineapple carrot rice rainbow veggie pizza steamed corn 	<p>30</p> <ul style="list-style-type: none"> hearty veggie chili (v) turkey & cheddar sandwich seasoned green beans (chilled) 	<p>31</p> <ul style="list-style-type: none"> pasta with zesty beef three bean salad baby carrots 		

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.

o **Vegetable** of the day

OCTOBER LUNCH

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • bbq chicken & cheesy rice • rainbow veggie pizza 	<p>2</p> <ul style="list-style-type: none"> • creamy pasta alfredo (v) • ans (chilled) 	<p>3</p> <ul style="list-style-type: none"> • beef burger (df) ○ warm pinto beans ○ warm diced carrots/diced carrots 	<p>4</p> <ul style="list-style-type: none"> • chicken taco trio • cheddar cheese sandwich ○ lettuce & tomatoes with ranch 	<p>5</p> <ul style="list-style-type: none"> • No School
<p>8</p> <ul style="list-style-type: none"> • No School 	<p>9</p> <ul style="list-style-type: none"> • chicken teriyaki (df) ○ glazed carrots 	<p>10</p> <ul style="list-style-type: none"> • oven roasted chicken sandwich (df) • cheesy pizza bites (v) ○ warm pinto beans 	<p>11</p> <ul style="list-style-type: none"> • cheese enchilada plate (v) • chicken bites ○ broccoli & carrot salad 	<p>12</p> <ul style="list-style-type: none"> • spaghetti marinara (v) ○ sliced cucumber
<p>15</p> <ul style="list-style-type: none"> • chicken gumbo & cornbread • cheddar cheese sandwich ○ seasoned green beans (chilled) 	<p>16</p> <ul style="list-style-type: none"> • mac & cheese and chicken bites • egg salad sandwich (df) ○ sweet potatoes 	<p>17</p> <ul style="list-style-type: none"> • grilled chicken bites with bbq bean sauce • hummus dippers (v) ○ warm diced carrots/ diced carrots 	<p>18</p> <ul style="list-style-type: none"> • bean & cheese pupusa (v) • beef cheeseburger ○ lettuce & tomatoes with ranch 	<p>19</p> <ul style="list-style-type: none"> • chicken taco trio • southwest veggie wrap (v) ○ chili citrus corn
<p>22</p> <ul style="list-style-type: none"> • Philly cheesesteak calzoni • chicken salad sandwich (df) ○ steamed corn 	<p>23</p> <ul style="list-style-type: none"> • cheesy ravioli (v) • sesame chicken wrap (df) ○ sweet potatoes 	<p>24</p> <ul style="list-style-type: none"> • turkey & cheddar sandwich ○ warm pinto beans ○ tomatoes 	<p>25</p> <ul style="list-style-type: none"> • beef cheeseburger • cheddar cheese sandwich (v) ○ lettuce & tomatoes with ranch 	<p>26</p> <ul style="list-style-type: none"> • cheese pizza (v) • southwest veggie wrap (v) ○ seasoned green beans (chilled)
<p>29</p> <ul style="list-style-type: none"> • bbq chicken & cheesy rice • rainbow veggie pizza ○ steamed corn 	<p>30</p> <ul style="list-style-type: none"> • beef burger (df) • hearty veggie chili (v) ○ seasoned green beans (chilled) 	<p>31</p> <ul style="list-style-type: none"> • pasta with zesty beef • egg salad sandwich ○ warm pinto beans ○ warm dice carrots/ diced carrots 		

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