

October

HOT/COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • string cheese/ skeeter cinnamon grahams/ fruit • yogurt/ educational snacks/ fruit <p>2</p>	<ul style="list-style-type: none"> • cinnamon toast bagel/ fruit • corn chex / string cheese <p>3</p>	<ul style="list-style-type: none"> • pancakes w/syrup/ fruit • cinnamon crumble/ fruit <p>4</p>	<ul style="list-style-type: none"> • southwest chicken chorizo and cheese english muffin sandwich /fruit • cheesy bagel sandwich / fruit <p>5</p>	<ul style="list-style-type: none"> • blueberry muffin/ fruit • string cheese/ skeeter cinnamon grahams/ fruit <p>6</p>
<p>9</p>	<ul style="list-style-type: none"> • cheerios/ string cheese/ fruit • zee zee berry apple crisp bar/ fruit <p>10</p>	<ul style="list-style-type: none"> • chicken sausage and omelet gordita/ fruit • cinnamon crumble/ fruit <p>11</p>	<ul style="list-style-type: none"> • breakfast panada pie w/eggs, cheese and green chiles/ fruit • string cheese/ skeeter cinnamon grahams/ fruit <p>12</p>	<ul style="list-style-type: none"> • autumn spice muffin/ fruit • corn chex / string cheese /fruit <p>13</p>
<ul style="list-style-type: none"> • zee zee bar apple crisp bar/ fruit • yogurt/ educational snacks/ fruit <p>16</p>	<ul style="list-style-type: none"> • blueberry bagel / fruit • french toast muffin/ fruit <p>17</p>	<ul style="list-style-type: none"> • french toast, maple turkey sausage & egg combo /fruit • string cheese/ skeeter grahams/ fruit <p>18</p>	<ul style="list-style-type: none"> • classic chicken sausage and cheddar brekwich/ fruit • lemon muffin/ fruit <p>19</p>	<ul style="list-style-type: none"> • cheerios / string cheese • cinnamon crumble/ fruit <p>20</p>
<ul style="list-style-type: none"> • corn chex/ string cheese/ fruit • zee zee bar apple crisp bar/ fruit <p>23</p>	<ul style="list-style-type: none"> • breakfast panada pie w/ eggs, cheese and green chiles/ fruit • cinnamon crumble/ fruit <p>24</p>	<ul style="list-style-type: none"> • pancakes w/syrup /fruit • plain bagel w/cream cheese/ fruit <p>25</p>	<ul style="list-style-type: none"> • turkey, pepper jack cheese and omelet gordita/ fruit • multigrain cheerios / string cheese <p>26</p>	<ul style="list-style-type: none"> • autumn spice muffin/ fruit • blueberry bagel w/cream cheese/ fruit <p>27</p>
<ul style="list-style-type: none"> • string cheese/ skeeter grahams/ fruit • yogurt/ educational snacks/ fruit <p>30</p>	<ul style="list-style-type: none"> • cinnamon toast bagel/ fruit • lemon muffin/ fruit <p>31</p>			

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

This institution is an equal opportunity provider.



October

COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • string cheese/ skeeter cinnamon grahams/ fruit • yogurt/ educational snacks/ fruit <p>2</p>	<ul style="list-style-type: none"> • corn chex/ string cheese/ fruit • zee zee berry apple crisp bar/ fruit <p>3</p>	<ul style="list-style-type: none"> • cinnamon crumble/ fruit • plain bagel w/cream cheese/ fruit <p>4</p>	<ul style="list-style-type: none"> • cheesy bagel sandwich/ fruit • zee zee berry apple crisp ba/ fruit <p>5</p>	<ul style="list-style-type: none"> • blueberry muffin/ fruit • string cheese/ skeeter cinnamon grahams/ fruit <p>6</p>
<p>9</p>	<ul style="list-style-type: none"> • cheerios/ string cheese/ fruit • zee zee berry apple crisp bar/ fruit <p>10</p>	<ul style="list-style-type: none"> • cinnamon crumble/ fruit • yogurt/ educational snacks/ fruit <p>11</p>	<ul style="list-style-type: none"> • blueberry bagel w/ cream cheese/ fruit • yogurt/ educational snacks/ fruit <p>12</p>	<ul style="list-style-type: none"> • autumn spice muffin/ fruit • corn chex/ string cheese <p>13</p>
<ul style="list-style-type: none"> • zee zee bar apple crisp bar/ fruit • yogurt/ educational snacks/ fruit <p>16</p>	<ul style="list-style-type: none"> • french toast muffin/ fruit • cheesy bagel sandwich/ fruit <p>17</p>	<ul style="list-style-type: none"> • string cheese/ skeeter grahams/ fruit • plain bagel w/cream cheese/ fruit <p>18</p>	<ul style="list-style-type: none"> • lemon muffin/ fruit • zee zee berry apple crisp bar/ fruit <p>19</p>	<ul style="list-style-type: none"> • multigrain cheerios/ string cheese • cinnamon crumble/ fruit <p>20</p>
<ul style="list-style-type: none"> • corn chex/ string cheese/ fruit • zee zee bar apple crisp bar/ fruit <p>23</p>	<ul style="list-style-type: none"> • cinnamon crumble/ fruit • yogurt/ educational snacks/ fruit <p>24</p>	<ul style="list-style-type: none"> • plain bagel w/cream cheese/ fruit • blueberry muffin/ fruit <p>25</p>	<ul style="list-style-type: none"> • multigrain cheerios/ string cheese • string cheese/ skeeter cinnamon grahams/ fruit <p>26</p>	<ul style="list-style-type: none"> • autumn spice muffin/ fruit • blueberry bagel w/cream cheese/ fruit <p>27</p>
<ul style="list-style-type: none"> • string cheese/ skeeter grahams/ fruit • yogurt/ educational snacks/ fruit <p>30</p>	<ul style="list-style-type: none"> • cinnamon crumble/ fruit • cheesy bagel sandwich/ fruit <p>31</p>			

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

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o Vegetable of the day

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October

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • sloppy joe (DF) • Southern bbq chicken sandwich • hummus dippers kit (VG) <p>○ steamed carrots</p> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> • five cheese lasagna (VG) • pepper jack cheeseburger • chicken salad sandwich (DF) <p>○ steamed corn</p> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • chicken bites • cheese enchilada (VG) • turkey & cheddar sandwich <p>○ chilled seasoned green beans</p> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • chicken parm pasta • mama's green chile and cheese tamale (VG) • honey mustard chicken wrap <p>○ chopped lettuce & sliced tomatoes w/ ranch dressing</p> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • chicken teriyaki w/ brown rice (DF) • sesame chicken wrap (DF) <p>○ baby carrots / edamame</p> <p style="text-align: right;">6</p>
<p style="text-align: right;">9</p>	<ul style="list-style-type: none"> • chicken enchiladas • chicken bites (DF) • cheddar cheese sandwich (VG) <p>○ steamed corn</p> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • creamy tomato curry w/ grilled chicken • firecracker chicken w/ sesame noodles • Taco dippers (VG) <p>○ steamed carrots</p> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • spaghetti & meatballs (DF) • baked mac & cheese and chicken sausage combo • veggie taco salad (VG) <p>○ chopped lettuce & sliced tomatoes w/ ranch dressing</p> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • southern bbq chicken sandwich • chicken caesar wrap <p>○ grape tomatoes and pinto beans</p> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> • oven roasted chicken sandwich (DF) • pepper jack cheeseburger • cheddar cheese sandwich (VG) <p>○ celery sticks</p> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> • italian "sausage" calzoni (VG) • bbq chicken w/ cheesy rice • sunny sandwich kit (sunbutter & jelly) (VG) <p>○ steamed corn</p> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • chili citrus drumstick w/ rice (DF) • bean & cheese quesadilla (VG) • turkey and cheddar sandwich <p>○ glazed carrots</p> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • general tso's chicken • lone star bbq chicken sandwich • veggie taco salad (VG) <p>○ edamame & baby carrots</p> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • creamy chicken alfredo • garden ranch salad w/ chicken <p>○ blanched broccoli florets w/ ranch dressing</p> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> • flame broiled beef cheeseburger • southern bbq chicken sandwich • sunny sandwich kit (sunbutter & jelly) (VG) <p>○ steamed carrots</p> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> • cheese enchilada (VG) • chicken bites (DF) • turkey and cheddar sandwich <p>○ steamed corn</p> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • kickin chicken melt sandwich • cheesy ravioli (VG) • chicken salad sandwich (DF) <p>○ chilled seasoned green beans</p> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • five cheese lasagna (VG) • sweet garlic noodles w/ chicken • cheddar cheese sandwich (VG) <p>○ chopped lettuce & slice tomatoes w/ranch</p> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • cheese pizza (VG) • mama's chicken tamale (DF) • veggie taco salad (VG) <p>○ grape tomatoes and pinto beans</p> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> • buffalo chicken crunchadilla • lone star bbq chicken sandwich • sunny sandwich kit (sunbutter & jelly) (VG) <p>○ steamed carrots</p> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> • chicken bites (DF) • chicken enchiladas • hummus dippers kit (VG) <p>○ steamed corn</p> <p style="text-align: right;">31</p>			

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