












OCTOBER MENU



BREAKFAST/ LUNCH MENU

OCTOBER
2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Coffee Cinnamon Crumble Breaded Chicken Patty on HB Bun w/ carrots Bean & Cheese Burrito w/ Carrots	3 Lucky Charms & Honey Graham Chicken Teriyaki Bowl w/ brown rice & Broccoli & Carrots Creamy Tuscan Chicken Pasta w/Broccoli & Carrots Caesar Chicken Salad w/ a Wheat dinner roll	4 Blueberry Muffin  Chicken Soft Tacos w/ pinto beans Beef & Cheese Nachos w/ pinto beans Santa Fe Chicken Salad w/ wheat dinner roll	5 Cinnamon Toast Crunch & Graham Crackers Turkey Hot Dog on a bun w/ whole kernel corn Penne Pasta & Meat Sauce w/ whole kernel corn Chef Turkey & Ham Salad w/ wheat dinner roll	6 Yogurt w/ Honey Grahams Cheese Pizza  Pepperoni Pizza
9 Bagel & Jelly  Bean & Cheese Burrito w/ Carrots Hawaiian Chicken w/brown rice	10 Sausage English Muffin Orange Chicken Bowl w/ Brown Rice, broccoli & Carrots Chicken Alfredo Pasta w/ broccoli & Carrots Caesar Chicken Salad w/ wheat dinner roll	11 Coffee Cinnamon Crumble Beef & Bean Chili Bowl w/ dinner roll Santa Fe Chicken Salad w/ wheat dinner roll	12 Pancakes (2)  Hamburger w/ tater tots Chef Turkey & Ham Salad w/ wheat dinner roll	13 Mexican Concha  Cheese Pizza Pepperoni Pizza
16 Yogurt w/ Honey Grahams  Turkey Hot Dog on a Bun w/Carrots Garlic Pesto Cheese Pasta Salad w/ Carrot	17 Cinnamon Toast Crunch & Graham Crackers Spaghetti & Meatballs w/ broccoli & Carrots Santa Fe Chicken Salad w/ wheat dinner roll	18 Strawberry Muffin  Beef & Cheese Nachos w/ pinto beans Caesar Chicken Salad w/ wheat dinner roll	19 Maple Waffle  Sloppy Joe on a HB Bun w/ mashed potatoes Buffalo Wings w/ dinner roll & Tater tots Chef Turkey & Ham Salad w/ wheat dinner roll	20 Coffee Cinnamon Crumble Cheese Pizza Pepperoni Pizza 
23 String Cheese & Strawberry NutriGrain Bar Hawaiian Chicken w/ brown rice & Carrots BBQ Chicken on a HB Bun w/ carrots	24 Rice Chex & Graham Crackers Teriyaki Chicken Chow Mein Bowl w/ broccoli & Carrots Vegetarian Lasagna w/ broccoli & Carrots Santa Fe Chicken Salad w/ wheat dinner roll	25 Coffee Cinnamon Crumble Garlic Pesto Cheese Pasta Salad w/bbq bean salad Caesar Chicken Salad w/ wheat dinner roll	26 Cinnamon French Toast Chicken Nuggets w/ whole kernel corn Chef Turkey & Ham Salad w/ wheat dinner roll	27 Mexican Concha  Cheese Pizza Pepperoni Pizza
30 Coffee Cinnamon Crumble Bean & Cheese Burrito w/ Carrots Ham&Cheese Panini w/ Carrots	31 Pancakes (2)  Spaghetti & Meat sauce w/ broccoli & Carrots BBQ Chicken Mac & Cheese w/ broccoli & Carrots NEW! Santa Fe Chicken Salad w/ wheat dinner roll	All of our breakfast items are WHOLE-GRAIN RICH! We serve FRESH, WHOLE FRUITS daily!		

BREAKFAST & LUNCH ARE FREE FOR ALL STUDENTS!

BREAKFAST & LUNCH

SERVED EVERY DAY WITH YOUR CHOICE OF:
1% White or Nonfat Chocolate Milk

**HEALTHY MEALS
HEALTHY MINDS**



- Remember to take at least 1 fruit with every breakfast!
- Menu is subject to change without notice.