

October

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • rf flurries cereal (df) <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • yogurt/skeeter cinnamon grahams <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • jumpstart breakfast: mini dipperdoodle (1.3 oz)/ string cheese <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • plain whole wheat bagel/ cream cheese <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • zac omega bar blackberry (df) <p style="text-align: right;">7</p>
<p style="text-align: center;">No School</p> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • skeeter honey grahams/ cinnamon rumbles (df) <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • french toast muffin <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • zac omega bar strawberry (df) <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • breakfast cinnamon crumble <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> • rf honey buttons cereal (df) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • apple cinna-grins cereal/ [9-12 egg] / fruit (df) <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • dipper doodle bar (df) <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • string cheese/skeeter cinnamon grahams <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • blueberry muffin <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> • rf flurries cereal (df) <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • blueberry burst whole grain bagel/cream cheese <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • french toast muffin <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • mini dipperdoodle (1.3 oz)/hard boiled egg/ fruit (df) <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • breakfast cinnamon crumble <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> • zac omega bar apple (df) <p style="text-align: right;">31</p>				

what's new?

The seasonal favorite Autumn Spice Muffin is back! Look out for it on August 18 and August 27!

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

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

This institution is an equal opportunity provider



October

LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> chicken pasta alfredo egg salad sandwich (vg) o chilled green beans <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> bbq chicken with cheesy rice "pepperoni" calzoni pizza(vg) o baby carrots and pinto beans <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> turkey and cheese sandwich southwest veggie wrap (vg) o sweet potatoes <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> all natural cheeseburger chicken salad) sandwich (df) o chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) o seasoned corn <p style="text-align: right;">7</p>
<p>NATIONAL SCHOOL LUNCH WEEK</p>				
<p>No School</p>				
<p style="text-align: right;">10</p>	<ul style="list-style-type: none"> cheese pizza panada pie (vg) chicken bites (df) o broccoli florets and three bean salad <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> spaghetti and meatballs (df) sunbutter and jelly sandwich o chilled green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> *NEW* oven roasted chicken sandwich (df) southwest veggie wrap o broccoli florets w/ ranch <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> chicken taco trio hummus and whole grain flatbread o sweet potatoes <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> cheese ravioli with marinara sauce (vg) o chilled green beans <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> chicken potstickers (df) southwest veggie wrap (vg) o baby carrots and edamame <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> lone star grilled chicken breast sandwich (df) egg salad sandwich (vg) (df) o sweet potatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> all natural cheeseburger sunbutter and jelly (vg) o chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> "pepperoni" calzoni pizza (meatless) (vg) chicken teriyaki (df) o seasoned corn <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> crispy chicken sandwich (df) cheese lasagna with whole grain pasta (vg) o chilled green beans <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> bbq meatballs with cheesy rice cheese sandwich (vg) o baby carrots and pinto beans <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> chicken taco trio o sweet potatoes <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> all natural hot dog (df) sunbutter and jelly (vg) o broccoli florets w/ ranch <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> kickin chicken parm pasta veggie chili (vg) o seasoned corn <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> hot meatball sub egg salad sandwich (vg) (df) <p style="text-align: right;">31</p>				

celebrate national school lunch week!

October 10-14 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.

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

Vegetable of the day

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October

LUNCH PK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • chicken pasta alfredo • egg salad sandwich (vg) (df) ○ chilled, seasoned green beans <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • bbq chicken with cheesy rice • hummus and whole grain flatbread (vg) ○ blanched broccoli florets <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • cheese lasagna with whole grain pasta (vg) • turkey and cheese sandwich ○ sweet potatoes <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • all natural cheeseburger • sunbutter and jelly (vg) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • cheese ravioli with marinara sauce (vg) ○ seasoned corn <p style="text-align: right;">7</p>
NATIONAL SCHOOL LUNCH WEEK				
No School 10	<ul style="list-style-type: none"> • cheese pizza panada pie (vg) • chicken bites (df) ○ blanched broccoli with balck beans <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • spaghetti and meatballs (df) • sunbutter and jelly (vg) ○ chilled, seasoned green beans <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • *NEW* oven roasted chicken sandwich (df) • southwest veggie wrap (vg) ○ blanched broccoli florets <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • chicken taco trio • hummus and whole grain flatbread (vg) ○ sweet potatoes <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> • Cheese ravioli (vg) ○ chilled, seasoned green beans <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • chicken potstickers (df) • southwest veggie wrap (vg) ○ diced carrots and pinto beans <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • lone star grilled chicken breast sandwich • egg salad sandwich (vg) (df) ○ sweet potatoes <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • all natural cheeseburger • sunbutter and jelly (vg) ○ chopped lettuce and sliced tomatoes with ranch <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • "pepperoni" calzoni pizza (meatless) (vg) • chicken teriyaki with brown rice (df) • honey mustard chicken wrap ○ seasoned corn <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> • crispy chicken sandwich (df) • cheese lasagna with whole grain pasta (vg) ○ chilled, seasoned green beans <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • bbq meatballs with cheesy rice • cheese sandwich (vg) ○ diced carrots and pinto beans <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • chicken taco trio • chicken caesar wrap ○ sweet potatoes <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • all natural hamburger (df) • sunbutter and jelly (vg) ○ blanched broccoli florets with ranch <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • kickin chicken parm pasta • veggie chili (vg) ○ seasoned corn <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> • hot meatball sub • egg salad sandwich (vg) (df) ○ seasoned corn <p style="text-align: right;">31</p>				

celebrate national school lunch week!

October 10-14 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.

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

Vegetable of the day

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October

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • multigrain rumbles – ranch <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> • granola/string cheese <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> • skeeter honey grahams <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> • mini dipperdoodle (1.3 oz) <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> • revolution foods honey wheat crackers <p style="text-align: right;">7</p>
<p style="text-align: center;">No School</p> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> • goldfish cheese crackers <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> • granola/string cheese <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> • revolution foods honey wheat crackers <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> • string cheese <p style="text-align: right;">14</p>
<ul style="list-style-type: none"> • mini dipperdoodle (1.3 oz) <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> • sunflower seeds <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> • goldfish pretzels/string cheese <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> • yogurt <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> • multigrain rumbles – ranch <p style="text-align: right;">21</p>
<ul style="list-style-type: none"> • goldfish pretzels <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> • mini dipperdoodle (1.3 oz) <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> • multigrain rumbles - cinnamon <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> • Yogurt <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> • zac attack bar apple <p style="text-align: right;">28</p>
<ul style="list-style-type: none"> • goldfish pretzels/string cheese <p style="text-align: right;">31</p>				

what's new?

Snack happy. A balanced mid-day snack in the afternoon can be a healthy part of your diet! Look for whole grains, protein, and fat to tide you over until dinner.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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