

# October

## BREAKFAST K-12 and PSN

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Yogurt/Educational Snacks and Fresh Fruit</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>Multigrain Cheerios with Whole Grain Strawberry Zac Attack Bar and Fresh Fruit</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>Breakfast Cinnamon Crumble with Fresh Fruit</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>Blueberry Burst Muffin with 100% Pineapple juice</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>Skeeter Cinnamon Grahams with String Cheese and Fresh Fruit</li> </ul> <p style="text-align: right;">6</p>
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>Cinnamon Duo: Cinnamon Grahams/Cinnamon Rumbles and a fresh fruit</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>Lemon Muffin with a Fresh Fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>RF Cocoa Critters Cereal with Orange Juice (DF)</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin with a Fresh fruit</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>Whole Grain Blackberry Zac Omega Bar Blackberry with a Fresh Fruit (2.5 oz) (DF)</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>Yogurt/Skeeter Honey Grahams and a Fresh Fruit</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>MultiGrain Cheerios with Whole Grain Strawberry /Zac Attack Bar and a Fresh Fruit (1.35 oz) (DF)</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>French Toast Muffin with 100% Pineapple Juice</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>Jumpstart Breakfast: Mini Dipperdoodle (1.3 oz)/String Cheese and Fresh Fruit</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>Dipper Doodle Bar with Fresh Fruit (2.3 oz) (DF)</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>RF Snow Flurries Cereal with Fresh Fruit(DF)</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>Yogurt/Skeeter Cinnamon Grahams and Fresh Fruit</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>Autumn Spice Muffin with Orange Juice</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>Cocoa Critters Cereal Bowl with Fresh Fruit(DF)</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>Crisp Bar with Fresh Fruit</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>Lemon Muffin with Fresh Fruit</li> </ul> <p style="text-align: right;">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

## LUNCH K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Steamed Corn</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites Lunch Combo</li> <li>Baby Carrots</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Classic Chicken Parm Pasta</li> <li>Seasoned Garbanzo Beans Baby Carrots</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>The Revolution Dog (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Cheeseburger with Ketchup Packet and Mustard Packet</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>6</p>
National School Lunch Week				
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Creamy Tomato Curry with Grilled Chicken Bites</li> <li>Blanched Broccoli and Edamame</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Classic Spaghetti and Meatballs (DF)</li> <li>Sweet Potatoes</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Celery Sticks with Ranch</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Chicken Enchiladas Roja with seasoned Rice</li> <li>Braised Greens</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>BBQ Chicken with Cheesy Rice and Whole Grain Goldfish Pretzels</li> <li>Baby Carrots</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Chili Citrus Drumstick with Rice (DF)</li> <li>Blanched Broccoli and Edamame</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>General Tso's Chicken</li> <li>Chicken Salad Sandwich (DF)</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>The Revolution Dog (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Pasta with Zesty Beef</li> <li>Chilled Seasoned Green Beans</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>(Hot) Turkey and Cheese Flatbread Sandwich</li> <li>Chicken Bites (DF)</li> <li>Steamed Corn</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Cheesy Ravioli with Whole Grain Dinner Roll (VG)</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Sweet Garlic Noodles with Chicken</li> <li>Edamame with Grape Tomatoes</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Flame Broiled Beef Cheeseburger</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Buffalo Chicken Pizza with Whole Grain Goldfish Pretzels</li> <li>Sweet Potatoes</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Chicken Potstickers (DF)</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>Lone Star BBQ Chicken Sandwich</li> <li>Baby Carrots</li> </ul> <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.

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
<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (DF)</li> <li>Steamed Corn</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites Lunch Combo</li> <li>Steamed Carrots</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Classic Chicken Parm Pasta</li> <li>Pinto Beans and Diced Carrots</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger with Ketchup Packets and Mustard Packets</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>6</p>
National School Lunch Week				
<p>NO SCHOOL</p> <p>9</p>	<ul style="list-style-type: none"> <li>Creamy Tomato Curry with Grilled Chicken Bites</li> <li>Blanched Broccoli and Pinto Beans</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Jumbo Asian Meatball with Sweet Garlic Noodles and Whole Grain Goldfish Colors Cheddar Crackers</li> <li>Sweet Potatoes</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Sliced Cucumbers with Ranch</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Chicken Enchiladas Roja with seasoned rice</li> <li>Braised Greens</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>Cheesy Rice and Whole Grain Goldfish Pretzels</li> <li>Steamed Carrots</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and BBQ Chicken Lunch Combo with Whole Grain Goldfish Pretzels</li> <li>Blanched Broccoli and Pinto Beans</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>General Tso's Chicken</li> <li>Steamed Corn</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich (DF)</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Pasta with Zesty Beef</li> <li>Chilled Seasoned Green Beans</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>(Hot) Turkey and Cheese Flatbread Sandwich</li> <li>Steamed Corn</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Kickin Chicken Melt Sandwich</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Sweet Garlic Noodles with Chicken Thigh</li> <li>Pinto Beans and Diced Carrots</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Flame-Broiled Beef Cheeseburger</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Chicken Tamale with seasoned Rice and Seasoned Black beans</li> <li>Sweet Potatoes</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Chicken Potstickers (DF)</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>Lone Star BBQ Chicken Sandwich</li> <li>Steamed Carrots</li> </ul> <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.

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

o Vegetable of the day



# October

## NSLP SNACK

K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Blazin' Hot Sunflower Seeds with Fresh Fruit</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Mini Dipperdoodle (1.3 oz)/String Cheese</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Educational Snacks/String Cheese</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Whole Grain Goldfish Cheese Crackers with Fresh Fruit</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Honey Wheat Crackers/Sunbutter</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>NO SCHOOL</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Educational Snacks with Fresh Fruit</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Skeeter Honey Grahams with Fresh Fruit</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Yogurt with Fresh Fruit</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Whole Grain Goldfish Pretzels/ 100% Juice</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>String Cheese with Fresh Fruit</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Skeeter Cinnamon Grahams with Fresh Fruit</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Revolution Foods Honey Wheat Crackers/String Cheese</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Educational Snacks/String Cheese</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Whole Grain Apple Zac Attack Bar(Snack)</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>GolMultigrain Rumbles – Ranch with Fresh Fruit</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Revolution Foods Honey Wheat Crackers/J100% Juice</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Educational Snacks with Fresh Fruit</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Skeeter Honey Grahams with Fresh Fruit</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Whole Grain Strawberry Zac Attack Bar with Fresh Fruit(Snack)</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Skeeter Honey Grahams with Fresh Fruit</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>Whole Grain Mini Dipperdoodle Bar (1.3 oz)/String Cheese</li> </ul> <p>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.

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

