

## October 2022 Breakfast Menu



**Entrees offered on a rotating schedule**

*Each meal includes fruit and a choice of milk (1% or fat free).*

### Monday

Mini Strawberry Bagels  
Sliced Wheat Bagels  
Sliced Cinnamon Raisin Bagel

### Tuesday

Banana & Chocolate Breakfast Bar  
Strawberry Crisp Bar  
Chocolate Oatmeal Breakfast Bar  
Mini Chocolate Donut

### Wednesday

Assorted Flavored Yogurt  
Cinnamon Graham Goldfish  
Apple Cinnamon Graham Bears  
Vanilla Graham Chatsnax

### Thursday

Cinnamon Crumble Loaf  
Chocolate Chip Muffin  
Blueberry Crumble Loaf  
Banana Muffin

### Friday

Apple Frudel Strudel  
Lemon Chip Crunch Bar  
Soft Filled Cinnamon Toast Crunch Bar  
Trix Breakfast Bar

### Daily



#### **Fruits Offered Daily May Include:**

Apple Slices, Bananas, Cantaloupe, Grapes,  
Honeydew Melon, Pineapple, Orange Wedges,  
Watermelon, Assorted Fruit Cups, Applesauce  
Cups, and Assorted 100% Fruit Juices.

**Menu subject to change**

This institution is an equal opportunity provider.

## October 2022 Lunch Menu



**Entrees offered on a rotating schedule with at least one vegetarian option daily**

*Each meal includes fruit and vegetable sides and a choice of milk (1% or fat free).*

### Monday

- Chicken Corn Dog
- Mini Meatball Sandwich
- Hummus W/Crackers
- ✓ Cheese Sliders
- ✓ Stuffed Cheese Sticks

### Tuesday

- Taco Nada
- Chicken Taquitos
- ✓ Cheese & Crackers
- ✓ Bean & Cheese Burrito
- ✓ Bean & Cheese Quesadilla

### Wednesday

- Mini Cheeseburgers
- Cheeseburger
- Soybutter & Jelly Sandwich
- ✓ Cheese Quesadilla
- ✓ Mac n Cheese

### Thursday

- Pepperoni Pizza Wedge
- Pepperoni Stuffed Sandwich
- Cheddar Cheese & Bean Dip W/Chips
- ✓ Cheese Pizza Wedge
- ✓ Cheese Bites

### Friday

- Turkey Ham & Cheese Croissant
- Pretzel Dog
- ✓ Grilled Cheese Sandwich
- ✓ Cheese Pull Aparts

### Daily

**Vegetables Offered Daily May Include:**  
Baby Carrots, Broccoli Florets, Cucumber Slices, Cauliflower, Cherry Tomatoes, Edamame, Jicama Sticks, Romaine Salad, Yam Sticks, Zucchini Sticks, and Assorted 100% Vegetable Juice.

**Fruits Offered Daily May Include:**  
Apple Slices, Bananas, Cantaloupe, Grapes, Honeydew Melon, Pineapple, Orange Wedges, Watermelon, Assorted Fruit Cups, Applesauce Cups, and Assorted 100% Fruit juices.

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