

# October

## Pathfinder Student Center 6-8 Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1, 2019 <b>Breakfast</b> RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk <b>Lunch</b> RIB-B-QUE Wrapped Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Salsa French Fries Diced Peaches Ketchup Milk	October 2, 2019 <b>Breakfast</b> TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk <b>Lunch</b> MEATLOAF PANINI ^ GRILLED CHEESE PANINI ^ Corn Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Diced Pears Chocolate Cookie ^ Milk	October 3, 2019 <b>Breakfast</b> CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk <b>Lunch</b> CHEESY TACO MEAT VEGGIE NACHO COMBO CHILI Tortilla Rounds ^ Romaine Lettuce Fresh Red Pepper Slices Fat Free Ranch Dressing Fresh Apple Slices Taco Sauce Milk	October 4, 2019 <b>Breakfast</b> CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk <b>Lunch</b> CRISPY CHICKEN DRUMSTICK ^ Corn Muffin ^ VEGETARIAN BURGER Wrapped Hamburger Bun ^ Maple Baked Beans Baby Carrots Fat Free Ranch Dressing Fresh Banana BBQ Sauce Mustard Ketchup Milk
October 7, 2019 <b>Breakfast</b> FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk <b>Lunch</b> PANCAKES & SAUSAGE ^ Syrup GRILLED CHEESE SANDWICH ^ Applesauce Cup Tropical Veggie Juice Milk	October 8, 2019 <b>Breakfast</b> APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk <b>Lunch</b> HOMESTYLE SALISBURY STEAK W/GRAVY MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Potato Wedges Ketchup Mixed Fruit Cup milk	October 9, 2019 <b>Breakfast</b> FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk <b>Lunch</b> PEPPERONI PIZZA ^ CHEESY PARM WRAP ^ Romaine Lettuce Light Ranch Dressing Orange-Tangerine Juice Milk	October 10, 2019 <b>Breakfast</b> COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk <b>Lunch</b> CORN DOG ON A STICK ^ VEGGIE NUGGETS ^ Maple Baked Beans Baby Carrots Light Ranch Dressing Fresh Pear* Mustard Ketchup BBQ Sauce Milk	October 11, 2019 <b>Breakfast</b> CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup Milk <b>Lunch</b> CHICKEN & GREEN CHILE TAMALE Hot Sauce SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Taco Sauce Jalapenos Diced Carrots Fresh Banana Milk
October 14, 2019 <b>Breakfast</b> GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Milk <b>Lunch</b> CHICKEN DUNKERS W/PARMESAN MARINARA SAUCE ^ Breadstick ^ CHEESE PIZZA ^ Green Beans Fresh Apple* Milk	October 15, 2019 <b>Breakfast</b> RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk <b>Lunch</b> BAGEL DOG ^ 4-CHEESE PANINI ^ Golden Potato Rounds Diced Pears Ketchup Mustard Milk	October 16, 2019 <b>Breakfast</b> TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk <b>Lunch</b> CHICKEN TACO VEGETARIAN CHILI WITH BEANS Tortilla Rounds ^ Fiesta Beans Fresh Banana Salsa Milk	October 17, 2019 <b>Breakfast</b> CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk <b>Lunch</b> "NATIONAL PASTA DAY" MEATBALL SUB Wrapped Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Mustard Diced Peaches Milk	October 18, 2019 <b>Breakfast</b> CHEERIOS Maple Breakfast Square Grape Juice Applesauce Cup Milk <b>Lunch</b> TERIYAKI CHICKEN PATTY VEGETARIAN BURGER Wrapped Hamburger Bun ^ Romaine Lettuce Baby Carrots Fat Free Ranch Dressing Fresh Pear Mustard Ketchup Milk
October 21, 2019 <b>Breakfast</b> FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Milk <b>Lunch</b> PENNE PASTA W/MEAT SAUCE ^ Breadstick ^ CHEESY PARM WRAP ^ Mixed Vegetables Fresh Orange* Milk	October 22, 2019 <b>Breakfast</b> APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Peach Cup Milk <b>Lunch</b> CHEESE & GREEN CHILE TAMALE Hot Sauce CRISPY CHICKEN PATTY ^ Wrapped Hamburger Bun ^ BBQ Sauce Maple Baked Beans Diced Pears Sun Splash Veggie Juice Milk	October 23, 2019 <b>Breakfast</b> FROSTED CORN FLAKES Animal Graham Crackers Strawberry-Kiwi Juice Craisins Milk <b>Lunch</b> CHICKEN QUESO BURRITO ^ BEAN & CHEESE BURRITO ^ Romaine Lettuce Fresh Cucumber Slices Fat Free Ranch Dressing Fresh Pear* Salsa Milk	October 24, 2019 <b>Breakfast</b> COCOA PUFFS Strawberry Square Grape Juice Applesauce Cup Milk <b>Lunch</b> FRENCH BREAD CHEESE PIZZA ^ CHICKEN NUGGETS ^ Honey Mustard Cup Corn Fresh Apple Slices Milk	October 25, 2019 <b>Breakfast</b> CINNAMON CHEX Graham Crackers Orange-Tangerine Juice Peach Cup Milk <b>Lunch</b> BBQ CHICKEN Wrapped Hamburger Bun ^ FRENCH TOAST STICKS WITH SCRAMBLED EGGS Syrup French Fries Diced Peaches Ketchup Milk
October 28, 2019 <b>Breakfast</b> GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Milk <b>Lunch</b> POPCORN CHICKEN ^ BBQ Sauce CHEESE PIZZA ^ Corn Mixed Fruit Cup Milk	October 29, 2019 <b>Breakfast</b> RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Peach Cup Milk <b>Lunch</b> RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY Wrapped Hamburger Bun ^ Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch Milk	October 30, 2019 <b>Breakfast</b> TRIX CEREAL Graham Crackers Strawberry-Kiwi Juice Craisins Milk <b>Lunch</b> MACARONI & CHEESE HOT DOG Wrapped Hot Dog Bun ^ Mustard Ketchup Fresh Broccoli Florets Baby Carrots Light Ranch Dressing Fresh Banana Milk	October 31, 2019 <b>Breakfast</b> CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice SS Peach Cup Milk <b>Lunch</b> SLOPPY JOE Wrapped Hamburger Bun ^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Light Ranch Dressing Hot Sauce Maple Baked Beans Fresh Apple Slices Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

^ Denotes item is whole-grain/whole wheat.

\*\* MENU SUBJECT TO CHANGE \*\*  
\*This menu is free of peanuts, tree nuts, fish, and shellfish.

\*\*\* This institution is an equal opportunity provider.