

October 2021

K-8 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				
				BREAKFAST FRUITY CHEERIOS [^] , Strawberry Pancake Square [^] , Fresh Apple, Milk LUNCH CHEESY MEATBALL MAC, Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk Vegetarian Option CHEESE PENNE BAKE [^] , Fresh Broccoli Florets, Fresh Baby Carrots, Fresh Banana, Ranch Dressing, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
BREAKFAST FROSTED FLAKES [^] , Apple Bar [^] , Dried Cranberries, Orange-Tangerine Juice, Milk LUNCH SLOPPY JOE BURGER [^] , Green Beans, Diced Peas, Sun Splash Veggie Juice, Milk Vegetarian Option CHEESE PUPUSA [^] , Green Beans, Diced Peas, Sun Splash Veggie Juice, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Pineapple Tidbits, Grape Juice, Milk LUNCH HOMESTYLE SALISBURY STEAK W/GRAVY, California Blend Veggies, Diced Peaches, Milk Vegetarian Option MONTEREY VEGETARIAN PATTY, Hamburger Bun [^] , California Blend Veggies, Diced Peaches, Milk	BREAKFAST RICE KRISPIES [^] , Honey Grahams [^] , Fresh Apple, Milk LUNCH GRILLED CHEESE PANINI [^] , Potato Wedges, Diced Peaches, Ketchup, Milk Vegetarian Option MINI CHEESE RAAVIOLI W/SAUCE [^] , Sunset Juice, Fresh Apple Slices, Milk	BREAKFAST PILLSBURY GRAPE CRESCENT [^] , Fresh Banana, Fruit Punch Juice, Milk LUNCH CHEESEBURGER [^] , Baked Beans, Sunset Juice, Fresh Apple Slices, Ketchup, Milk Vegetarian Option MINI CHEESE RAAVIOLI W/SAUCE [^] , Sunset Juice, Fresh Apple Slices, Milk	BREAKFAST BLUBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Country Blend Veggies, Fresh Banana, Mayo, Milk Vegetarian Option BEAN & CHEESE BURRITO [^] , Country Blend Veggies, Fresh Banana, Taco Sauce, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
BREAKFAST FRUITY CHEERIOS [^] , Maple Breakfast Square [^] , Craisins, Fruit Punch Juice, Milk LUNCH PIZZA DIPPERS [^] , Marinara Dipping Sauce, Sunset Juice, Applesauce, Milk	BREAKFAST PLAIN BAGEL [^] , Cream Cheese, Mixed Fruit, Apple Juice, Milk LUNCH CRUNCHY CHICKEN TENDERS [^] , Corn, Diced Peas, BBQ Sauce, Milk Vegetarian Option BEAN & CHEESE BURRITO [^] , Corn, Diced Peas, Taco Sauce, Milk	BREAKFAST BANANA MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH MOROCCAN MEATBALL W/PEARL COUSCOUS, Broccoli, Fresh Banana, Vanilla Cookie, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Broccoli, Fresh Banana, Vanilla Cookie, Milk	BREAKFAST RASPBERRY CHERRY YOGURT, Granola [^] , Fresh Banana, Grape Juice, Milk LUNCH HOT DOG [^] , Potato Rounds, Baked Beans, Orange Juice, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , French Fries, Baked Beans, Orange Juice, Milk	BREAKFAST FROSTED FLAKES [^] , Vanilla Waffle Square [^] , Fresh Apple, Milk LUNCH GENERAL TSO'S CHICKEN & NOODLES [^] , Mixed Veggies, Diced Peaches, Milk Vegetarian Option BEAN & CHEESE EMPANADA [^] , Mixed Veggies, Diced Peaches, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
BREAKFAST RICE KRISPIES [^] , Strawberry Pancake Square [^] , Craisins, Apple Juice, Milk LUNCH MAC & CHEESE [^] , Country Blend Vegetables, Diced Peas, Milk	BREAKFAST CHERRY FRUDEL [^] , Diced Peaches, Fruit Punch Juice, Milk LUNCH CRISPY CHICKEN BURGER [^] , Broccoli, Diced Peaches, BBQ Sauce, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Breadstick [^] , Broccoli, Diced Peaches, Milk	BREAKFAST DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH HERO SANDWICH [^] , Potato Wedges, Orange Juice, Milk Vegetarian Option GALAXY CHEESE PIZZA [^] , Potato Wedges, Orange Juice, Milk	BREAKFAST CINNAMON FLAKES [^] , Apple Bar [^] , Fresh Banana, Orange-Tangerine Juice, Milk LUNCH CHEESY TACO MEAT, Tortilla Rounds [^] , Salsa Cup, Corn, Fresh Apple Slices, Milk Vegetarian Option BEAN & CHEESE BURRITO [^] , Salsa Cup, Corn, Fresh Apple Slices, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Fresh Apple, Milk LUNCH HAMBURGER [^] , Baked Beans, Sunset Juice, Fresh Banana, Ketchup, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , Baked Beans, Sunset Juice, Fresh Banana, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
BREAKFAST APPLE CINNAMON CHEERIOS [^] , Honey Grahams [^] , Craisins, Orange-Tangerine Juice, Milk LUNCH PIZZA DIPPERS [^] , Marinara Dipping Sauce, Tropical Veggie Juice, Applesauce, Milk	BREAKFAST RASPBERRY CHERRY YOGURT, Granola [^] , Mixed Fruit Cup, Apple Juice, Milk LUNCH BBQ CHICKEN TATER TOT-CHOS, Tortilla Rounds [^] , Corn, Orange Juice, Milk Vegetarian Option BEAN & CHEESE BURRITO [^] , Corn, Orange Juice, Salsa Cup, Milk	BREAKFAST TRIX [^] , Maple Breakfast Square [^] , Fresh Apple, Milk LUNCH HOMESTYLE SALISBURY STEAK W/GRAVY, Hamburger Bun [^] , Mashed Potatoes, Sunset Juice, Fresh Banana, Milk Vegetarian Option MINI CHEESE RAVIOLI W/SAUCE [^] , Breadstick [^] , Sunset Juice, Fresh Banana, Milk	BREAKFAST CINNAMON BUN [^] , Fresh Banana, Fruit Punch Juice, Milk LUNCH CHICKEN NUGGETS [^] , Broccoli, Diced Peaches, Vanilla Cookie [^] , BBQ Sauce, Milk Vegetarian Option MAC & CHEESE [^] , Broccoli, Diced Peaches, Vanilla Cookie [^] , Milk	BREAKFAST CHERRY BREAKFAST BAR [^] , String Cheese, Fresh Apple, Milk LUNCH MEATBALL SUB [^] , Diced Carrots, Baked Beans, Diced Peas, Milk Vegetarian Option GRILLED CHEESE PANINI [^] , Diced Carrots, Baked Beans, Diced Peas, Milk

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

** MENU IS SUBJECT TO CHANGE **

[^] Denotes item is whole-grain/whole wheat

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