

October

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cinnamon Chex & Educational Snacks Cracker (V) Cinnamon Crumble (V)	4 Waffle with Syrup (V) Blueberry Muffin (V) Cheerios & Educational Snacks Cracker (V)	5 Strawberry Pancake Bowl (V) French Toast Muffin (V) Yogurt & Cinnamon Grahams (V)	6 Southwest Egg Scramble (V) Bagel with Cream Cheese (V) Blueberry Chex (V) (DF)	7 Autumn Spice Muffin (V) Zee Zee's Cinnamon Crisp Bar (V) (DF)
10 Yogurt & Cinnamon Grahams (V) Zee Zee's Berry Apple Crisp Bar (V) (DF)	11 French Toast Stick (V) Bagel with Cream Cheese (V) Lemon Muffin (V)	12 Chicken Sausage & Cheddar Bagel Cinnamon Grahams & String Cheese (V) Yogurt & Educational Snacks (V)	13 Egg & Cheddar English Muffin Sandwich (V) Blueberry Bagel with Cream Cheese (V) Vanilla Concha Bread (V)	14 Cinnamon Crumble (V) French Toast Muffin (V)
17 Cinnamon Chex & Educational Snacks Cracker (V) Cinnamon Crumble (V)	18 Waffle with Syrup (V) Blueberry Muffin (V) Cheerios & Educational Snacks Cracker (V)	19 Strawberry Pancake Bowl (V) French Toast Muffin (V) Yogurt & Cinnamon Grahams (V)	20 Southwest Egg Scramble (V) Bagel with Cream Cheese (V) Blueberry Chex (V) (DF)	21 Autumn Spice Muffin (V) Zee Zee's Cinnamon Crisp Bar (V) (DF)
24 Yogurt & Cinnamon Grahams (V) Zee Zee's Berry Apple Crisp Bar (V) (DF)	25 French Toast Stick (V) Bagel with Cream Cheese (V) Lemon Muffin (V)	26 Chicken Sausage & Cheddar Bagel Cinnamon Grahams & String Cheese (V) Yogurt & Educational Snacks (V)	27 Egg & Cheddar English Muffin Sandwich (V) Blueberry Bagel with Cream Cheese (V) Vanilla Concha Bread (V)	28 Cinnamon Crumble (V) French Toast Muffin (V)
31 Cinnamon Chex & Educational Snacks Cracker (V) Cinnamon Crumble (V)				

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

[surveymonkey.com/r/mealsatisfactionsurvey](https://www.surveymonkey.com/r/mealsatisfactionsurvey)



revolution foods.

This institution is an equal opportunity provider.
All grains offered are whole-grain rich.

Choice of 1% or fat-free milk;
fresh fruit available daily
except when fruit juice is
served.

Dairy-Free (DF)

Vegetarian (V)

Local Fruit or vegetable on the
menu daily.

October

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <ul style="list-style-type: none"> BBQ Chicken Sandwich (DF) Bean & Cheese Burrito (V) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Turkey Sandwich (DF) Steamed Corn (V) (DF) 	<p>4</p> <ul style="list-style-type: none"> BBQ Beef Rib Sandwich (DF) Vegan Jamaican Patty (V) (DF) Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Steamed Diced Carrots (V) (DF) 	<p>5</p> <ul style="list-style-type: none"> Flame-Broiled Beef Cheeseburger Cheese Sub Sandwich (V) Turkey & Cheddar Sandwich Cilantro Lime Pinto Beans (V) (DF) 	<p>6</p> <ul style="list-style-type: none"> Chicken Teriyaki with Rice (DF) Five Cheese Lasagna (V) Chicken Salad Sandwich (DF) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Chopped Romaine (V) (DF) Tomato Wedges (V) (DF) 	<p>7</p> <ul style="list-style-type: none"> Pepperoni Pizza Pretzel Nacho Pocket (V) Cheese Sub Sandwich (V) Honey Mustard Salad with Diced Chicken (DF) Coleslaw (V) (DF)
<p>10</p> <ul style="list-style-type: none"> Cheese Pizza Chicken Bites (DF) Turkey & Cheddar Sandwich Turkey Sandwich (DF) Baby Carrots (V) (DF) 	<p>11</p> <ul style="list-style-type: none"> Beef & Bean Burrito (DF) Cheese Sub Sandwich (V) Honey Mustard Chicken Wrap (DF) Green Beans (V) (DF) 	<p>12</p> <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Green Chile Cheese & Chicken Quesadilla Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Carrots, Corn & Peas (V) 	<p>13</p> <ul style="list-style-type: none"> All Beef Flame-Broiled Hamburger (DF) Cheese Pizza Calzone (V) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Turkey Sandwich (DF) Biscotti (V) (DF) 	<p>14</p> <ul style="list-style-type: none"> Chicken Tacos Macaroni & Cheese (V) Chicken Salad Sandwich (DF) Garden Ranch Salad with Chicken Steamed Diced Carrots (V) (DF)
<p>17</p> <ul style="list-style-type: none"> BBQ Chicken Sandwich (DF) Bean & Cheese Burrito (V) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Turkey Sandwich (DF) Green Peas (V) (DF) 	<p>18</p> <ul style="list-style-type: none"> BBQ Beef Rib Sandwich (DF) Vegan Jamaican Patty (V) (DF) Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Steamed Diced Carrots (V) (DF) 	<p>19</p> <ul style="list-style-type: none"> Flame-Broiled Beef Cheeseburger Red Beans and Rice (DF) Cheese Sub Sandwich (V) Turkey & Cheddar Sandwich Carrots, Corn and Peas (V) (DF) 	<p>20</p> <ul style="list-style-type: none"> Chicken Teriyaki with Rice (DF) Five Cheese Lasagna (V) Chicken Salad Sandwich (DF) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Chopped Romaine (V) (DF) Tomato Wedges (V) (DF) 	<p>21</p> <ul style="list-style-type: none"> Pepperoni Pizza Pretzel Nacho Pocket (V) Cheese Sub Sandwich (V) Honey Mustard Salad with Diced Chicken (DF) Coleslaw (V) (DF)
<p>24</p> <ul style="list-style-type: none"> Cheese Pizza (V) Chicken Bites (DF) Turkey & Cheddar Sandwich Turkey Sandwich (DF) Baby Carrots (V) (DF) Simply Steamed Carrots (V) (DF) 	<p>25</p> <ul style="list-style-type: none"> Beef & Bean Burrito (DF) Cheese Sub Sandwich (V) Honey Mustard Chicken Wrap (DF) Green Beans (V) (DF) 	<p>26</p> <ul style="list-style-type: none"> Crispy Chicken Sandwich (DF) Green Chile Cheese & Chicken Quesadilla Chicken Salad Sandwich (DF) Egg Salad Sandwich (V) (DF) Carrots, Corn & Peas (V) 	<p>27</p> <ul style="list-style-type: none"> All Beef Flame-Broiled Hamburger (DF) Cheese Pizza Calzone (V) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Turkey Sandwich (DF) Biscotti (V) (DF) 	<p>28</p> <ul style="list-style-type: none"> Chicken Tacos Macaroni & Cheese (V) Chicken Salad Sandwich (DF) Garden Ranch Salad with Chicken Pinto Beans (V)
<p>31</p> <ul style="list-style-type: none"> Bean & Cheese Burrito (V) Crispy Chicken Sandwich (DF) SunButter (R) & Jelly Sandwich Kit with String Cheese (V) Turkey Sandwich (DF) Steamed Corn (V) (DF) 				

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This institution is an equal opportunity provider. All grains offered are whole-grain rich.

Choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Vegetable of the Day

Dairy-Free (DF) & Vegetarian (V) options available daily. If not listed on the menu, available upon request

October

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheddar Goldfish Crackers (V)	4 Honey Grahams (V)	5 Honey Wheat Crackers with String Cheese (V)	6 Cheddar Goldfish Crackers (V) <i>No school</i>	7 Educational Snacks Crackers & String Cheese <i>No school</i>
10 Educational Snacks Crackers & SunButter (R) (V) <i>No school</i>	11 Cheddar Goldfish Crackers (V)	12 Educational Snacks Crackers (V)	13 Honey Grahams (V)	14 Honey Wheat Crackers with String Cheese (V)
17 Cheddar Goldfish Crackers (V)	18 Honey Grahams (V)	19 Honey Wheat Crackers with String Cheese (V)	20 Cheddar Goldfish Crackers (V)	21 Educational Snacks Crackers & String Cheese (V)
24 Educational Snacks Crackers & SunButter (R) (V)	25 Cheddar Goldfish Crackers (V)	26 Educational Snacks Crackers (V)	27 Honey Grahams (V)	28 Honey Wheat Crackers with String Cheese (V)
31 Cheddar Goldfish Crackers (V)				

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Fresh fruit available daily except when fruit juice, string cheese or Sunbutter are served.

Dairy-Free (DF)

Vegetarian (V)

Student Favorite ★

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