

Lunch K-8

OCTOBER 2023

MON

TUE

WED

THU

FRI

2 BBQ Beef Meatballs w/ Club Roll

Pasta w/ Tomato Sauce & Mozzarella Cheese (V)

Broccoli

Fresh Apple

3 Chicken Tenders w/ Ketchup & Roasted Potatoes

Protein Pasta Alfredo w/ Peas (V)

Fresh Pear

4 Turkey Hot Dog w/ Ketchup & Baked Beans

Spanish Rice w/ Beans & Cheese (V)

Fresh Apple

5 NO SCHOOL
Chicken Caesar Salad w/ Pita Bread

Cheese Lasagna in Tomato Sauce w/ Green Beans (V)

Fresh Banana

6 NO SCHOOL
Chicken Breast Sandwich w/ Mayonnaise

French Bread Cheese Pizza (V)

Baby Carrots w/ Ranch Dressing

Fresh Apple

9

10 Chicken Fajita w/ Black Beans & Tomato

Spanish Rice w/ Beans & Cheese (V)

Fresh Pear

11

Spaghetti & Beef Meatballs in Tomato Sauce w/ Broccoli

Veggie Burger w/ Ketchup Garden Side Salad w/ Ranch Dressing (V)

Fresh Apple

12

NEW! Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Dressing

Cobb Salad w/ Pita Bread (V)

Fresh Banana

13

Turkey & Cheese Sandwich w/ Mayonnaise

Cheese Pizza (V)
Baby Carrots w/ Ranch Dressing

Fresh Apple

16

Chicken Nuggets w/ Ketchup & Baked Beans

Falafel Bites w/ Quinoa Pilaf Black Beans & Tomato (V)

Fresh Apple

17

Beef Meatballs in Tomato Sauce w/ Club Roll

Home-Style Macaroni & Cheese (V)

Broccoli

Fresh Pear

18

NEW! Adobo Chicken w/ Cilantro Brown Rice & Street Corn

Veggie Burger w/ Ketchup & Roasted Potatoes (V)

Fresh Apple

19

Chicken Tamale w/ Spanish Rice & Refried Beans

Baby Carrots w/ Ranch Dressing

French Toast Sticks w/ Scrambled Eggs & Roasted Sweet Potatoes (V)

Fresh Banana

20

Egg Salad Sandwich (V)

French Bread Cheese Pizza (V)

Celery w/ Ranch Dressing

Fresh Apple

23

Meatloaf w/ Gravy & Mashed Potatoes

Cheese Quesadilla w/ Street Corn (V)

Fresh Apple

24

NEW! Sweet & Sour Meatballs w/ Brown Rice

Cheese Raviolis (V)

Green Beans

Fresh Pear

25

BBQ Chicken w/ Brown Rice & Baked Beans

Chickpea Marinara Pasta (V)

Fresh Apple

26

Turkey Fajita w/ Brown Rice & Carrots

Stuffed Bread Sticks w/ Marinara & 100% Vegetable Juice (V)

Fresh Banana

27

Chicken Salad Sandwich

Cheese Pizza (V)

Garden Salad w/ Ranch Dressing

Fresh Apple

30

BBQ Beef Meatballs w/ Club Roll

Pasta w/ Tomato Sauce & Mozzarella Cheese (V)

Broccoli

Fresh Apple

31

Chicken Tenders w/ Ketchup & Roasted Potatoes

Protein Pasta Alfredo w/ Peas (V)

Fresh Pear

DID YOU KNOW...

- ✓ All grain products are wholegrain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Unflavored Milk
Skim Unflavored Milk

Please Note

Locally Grown Component Served Daily

Menu is subject to change

Vegetarian Meal Options are indicated with a "V"



Breakfast K-12

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	3 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple	4 Cinnamon Raisin Bagel w/ Butter French Toast w/ Syrup Diced Peaches & 100% Grape Juice	5 NO SCHOOL Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	6 NO SCHOOL Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9 NO SCHOOL	10 Cinnamon Crisp Bar Raisins & 100% Grape Juice	11 Cinnamon Flakes w/ Graham Crackers Apple Frudel Diced Peaches & 100% Grape Juice	12 Plain Bagel w/ Cream Cheese Waffles w/ Syrup Apple Slices & 100% Orange Juice	13 Blueberry Muffin Fresh Orange & 100% Pineapple Juice
16 Banana Muffin Raisins & Applesauce	17 Strawberry Yogurt w/ Graham Crackers Apple Frudel Apple Slices & Diced Pineapple	18 Frosted Flakes w/ Graham Crackers Waffle w/ Syrup Diced Peaches & 100% Grape Juice	19 Cinnamon Toast Crunch w/ Graham Crackers Pancakes w/ Syrup Apple Slices & 100% Orange Juice	20 Cinnamon Crisp Bar Raisins & 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	24 Strawberry Yogurt w/ Graham Crackers NEW! Breakfast Pizza Apple Slices & Diced Pineapple	25 Honey Cheerios w/ Graham Crackers French Toast w/ Syrup Diced Peaches & 100% Grape Juice	26 Plain Bagel w/ Cream Cheese Cinnamon Bun Apple Slices & 100% Orange Juice	27 Multi-Grain Cinnamon Flakes Graham Crackers Raisins & 100% Grape Juice
30 Multi-Grain Cheerios Graham Crackers Raisins & Applesauce	31 Strawberry Yogurt w/ Graham Crackers Pancakes w/ Syrup Apple Slices & Diced Pineapple			

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- 1% Unflavored Milk
- Skim Unflavored Milk

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Snack K-12

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Banana Muffin w/ 100% Orange Juice	3 Tostitos Scoops w/ 100% Fruit Juice	4 Whole-Grain Graham Crackers w/ Strawberry Yogurt	5 NO SCHOOL Whole-Grain Pretzels w/ Cheese Stick	6 NO SCHOOL Corn Muffin w/ 100% Orange Juice
9 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	10 Whole-Grain Cheez-its w/ Baby Carrots & Ranch Dressing	11 Whole-Grain Pretzels w/ 100% Orange Juice	12 Mozzarella String Cheese w/ Fresh Large Apple	13 Whole-Grain Graham Crackers w/ 100% Orange Juice
16 Whole-Grain Pretzels w/ 100% Orange Juice	17 Whole-Grain Graham Crackers w/ 100% Fruit Juice	18 Blueberry Muffin w/ Mozzarella String Cheese	19 Whole-Grain Graham Crackers w/ Raspberry Yogurt	20 Tostitos Scoops w/ 100% Apple Juice
23 Whole-Grain Cheez-its w/ 100% Fruit Juice	24 Corn Muffin w/ Roasted Sunflower Seeds	25 Whole-Grain Graham Crackers w/ 100% Apple Juice	26 Apple Cinnamon Muffin w/ Mozzarella String Cheese	27 Whole-Grain Pretzels w/ 100% Orange Juice
30 Banana Muffin w/ 100% Orange Juice	31 Tostitos Scoops w/ 100% Fruit Juice			

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