

October

UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> dipper doodle bar (2.3 oz) (df) kashi honey cereal/strawberry zac bar 	<ul style="list-style-type: none"> yogurt/skeeter cinnamon grahams blueberry muffin 	<ul style="list-style-type: none"> jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/fruit cold bagel sandwich with cheese 	<ul style="list-style-type: none"> lemon muffin plain whole wheat bagel/cream cheese 	<ul style="list-style-type: none"> breakfast cinnamon crumble zac omega bar blackberry (df)
3	4	5	6	7
<ul style="list-style-type: none"> jumpstart breakfast: mini dipperdoodle (1.3 oz)/string cheese/fruit yogurt/granola/fruit 	<ul style="list-style-type: none"> skeeter honey grahams/cinnamon rumbles (df) kashi berry cereal/ zac strawberry bar 	<ul style="list-style-type: none"> french toast muffin plain whole wheat bagel/ cream cheese 	<ul style="list-style-type: none"> zac omega bar strawberry (df) banana muffin 	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese breakfast cinnamon crumble
10	11	12	13	14
<ul style="list-style-type: none"> kashi berry cereal w/ mini dipperdoodle zac omega bar apple (df) 	<ul style="list-style-type: none"> cold bagel sandwich with turkey and cream cheese autumn spice muffin 	<ul style="list-style-type: none"> dipper doodle bar (df) yogurt/dick and janes smart crackers 	<ul style="list-style-type: none"> string cheese/skeeter cinnamon grahams breakfast cinnamon crumble 	<ul style="list-style-type: none"> blueberry muffin plain whole wheat bagel/cream cheese
17	18	19	20	21
<ul style="list-style-type: none"> string cheese/skeeter cinnamon grahams dipper doodle bar (2.3 oz) (df) 	<ul style="list-style-type: none"> blueberry burst whole grain bagel/cream cheese yogurt/granola/fruit 	<ul style="list-style-type: none"> french toast muffin zac omega bar strawberry (df) 	<ul style="list-style-type: none"> mini dipperdoodle (1.3 oz)/hard boiled egg/fruit (df) autumn spice muffin (seasonal) 	<ul style="list-style-type: none"> breakfast cinnamon crumble cold english muffin with turkey and cheese
24	25	26	27	28
<ul style="list-style-type: none"> zac omega bar apple (df) string cheese/skeeter cinnamon grahams 				
31				

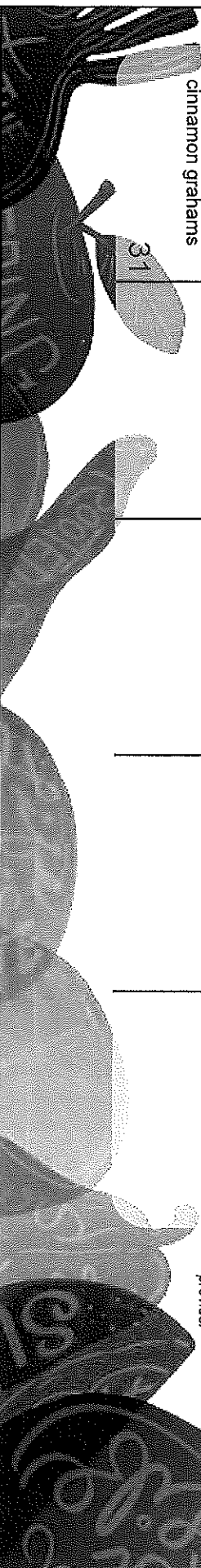
What's new?

The seasonal favorite Autumn Spice Muffin is back! Look out for it on October 18 and October 27!

Breakfast: choice of 1% or fat-free milk, fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider.



October

LUNCH K-12

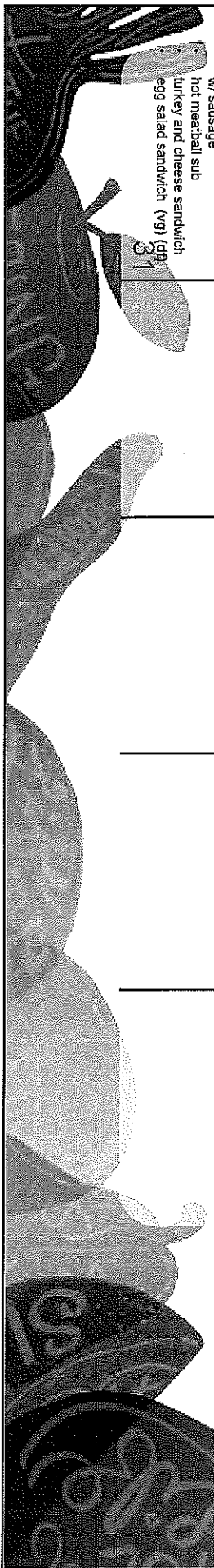
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> hot turkey & cheddar flatbread melt chicken pasta Alfredo honey mustard chicken wrap egg salad sandwich (Vg) chilled green beans <p>3</p>	<ul style="list-style-type: none"> bbq chicken with cheesy rice "peppercorn" calzoni pizza (Vg) sesame chicken wrap (df) hummus and whole grain flatbread (Vg) baby carrots and pinto beans <p>4</p>	<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage hot meatball sub turkey and cheese sandwich southwest veggie wrap (Vg) sweet potatoes <p>5</p>	<ul style="list-style-type: none"> buffalo chicken sandwich all natural cheeseburger chicken salad sandwich veggie taco salad chopped lettuce and sliced tomatoes with ranch <p>6</p>	<ul style="list-style-type: none"> baked mac & cheese and dog chicken lunch combo cheese ravioli with marinara sauce (Vg) ham and cheese sandwich chili's' chinese chicken noodles seasoned corn <p>7</p>
<p>NATIONAL</p> <ul style="list-style-type: none"> kickin' chicken meat sandwich cheesy chicken quesadillas dog eater's wrap cheese sandwich (Vg) seasoned corn <p>10</p>	<p>ATIONALS</p> <ul style="list-style-type: none"> cheesy pizza panada pie (Vg) chicken bites (df) chicken salad sandwich chicken caesar wrap broccoli florets and fava bean salad <p>11</p>	<p>SCHOOL</p> <ul style="list-style-type: none"> springetti and meatballs (df) baked mac & cheese with chicken sausage combo ham and cheese sandwich sunbutter and jelly sandwich chilled green beans <p>12</p>	<p>LUNCH</p> <ul style="list-style-type: none"> all natural hot dog (df) "NEW" oven roasted chicken sandwich (df) sesame chicken salad southwest veggie wrap broccoli florets w/ ranch <p>13</p>	<p>WEEK</p> <ul style="list-style-type: none"> fractanker chicken chicken taco trio garden ranch salad with chicken breast hummus and whole grain flatbread sweet potatoes <p>14</p>
<ul style="list-style-type: none"> cheese ravioli with marinara sauce (Vg) chicken fajita burrito chili's' chinese chicken noodles chicken salad sandwich (df) chilled green beans <p>17</p>	<ul style="list-style-type: none"> chicken enchiladas chicken potstickers (df) southwest veggie wrap (Vg) ham and cheese sandwich baby carrots and edamame <p>18</p>	<ul style="list-style-type: none"> lone star grilled chicken breast sandwich sweet garlic noodles with chicken thigh egg salad sandwich (Vg) (df) sesame chicken wrap sweet potatoes <p>19</p>	<ul style="list-style-type: none"> all natural cheeseburger bbq chicken sandwich chicken caesar salad sunbutter and jelly (Vg) chopped lettuce and sliced tomatoes with ranch <p>20</p>	<ul style="list-style-type: none"> "peppercorn" calzoni pizza (meatless) (Vg) chicken teriyaki (df) honey mustard chicken wrap turkey and cheese sandwich seasoned corn <p>21</p>
<ul style="list-style-type: none"> crispy chicken sandwich (df) cheese lasagna with whole grain pasta (Vg) bbq chicken wrap sesame chicken salad chilled green beans <p>24</p>	<ul style="list-style-type: none"> bbq meatballs with cheesy rice hot turkey & cheddar flatbread turkey and cheese sandwich cheese sandwich (Vg) baby carrots and pinto beans <p>25</p>	<ul style="list-style-type: none"> chicken taco trio pancakes w/ omelet (Vg) chicken caesar wrap garden ranch salad with chicken breast sweet potatoes <p>26</p>	<ul style="list-style-type: none"> all natural hot dog (df) sloppy joe (df) sunbutter and jelly (Vg) chicken pizza party salad broccoli florets w/ ranch <p>27</p>	<ul style="list-style-type: none"> kickin' chicken parm pasta veggie chili (Vg) honey mustard chicken wrap chicken salad sandwich (df) seasoned corn <p>28</p>
<ul style="list-style-type: none"> breakfast for lunch: pancakes w/ sausage hot meatball sub turkey and cheese sandwich egg salad sandwich (Vg) (df) <p>31</p>				

celebrate national school lunch week!

October 10-14 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

Stop by the lunchroom and try something new!

Lunch: choice of 1% or fat-free milk, fresh fruit available daily.
 Dairy-free (DF) and vegetarian (V) options available daily - if not listed on the menu, available upon request.
 Vegetable of the day
 This institution is an equal opportunity provider.



October

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • multigrain rumbles - ranch yogurt 	<ul style="list-style-type: none"> • sunflower seeds • granola/string cheese 	<ul style="list-style-type: none"> • goldfish cheese crackers • zac attack bar apple • skeeter honey grahams 	<ul style="list-style-type: none"> • blazin hots seeds • mini dipperdoodle (1.3 oz) 	<ul style="list-style-type: none"> • dick and janes smart crackers • revolution foods honey wheat crackers • goldfish pretzels
3	4	5	6	7
<ul style="list-style-type: none"> • honey roasted corn nuts • zac attack bar apple 	<ul style="list-style-type: none"> • goldfish cheese crackers • goldfish cheese crackers/juice • dick and janes smart crackers 	<ul style="list-style-type: none"> • honeynutz (soy nuts) • granola/string cheese 	<ul style="list-style-type: none"> • skeeter cinnamon grahams • revolution foods honey wheat crackers • multigrain rumbles - salsa fresa/juice 	<ul style="list-style-type: none"> • mini dipperdoodle (1.3 oz) • string cheese
10	11	12	13	14
<ul style="list-style-type: none"> • blazin hots seeds • mini dipperdoodle (1.3 oz) 	<ul style="list-style-type: none"> • sunflower seeds • zac attack bar apple 	<ul style="list-style-type: none"> • skeeter honey grahams • goldfish pretzels • goldfish pretzels/string cheese 	<ul style="list-style-type: none"> • honey roasted corn nuts • yogurt 	<ul style="list-style-type: none"> • multigrain rumbles - ranch • dick and janes smart crackers • revolution foods honey wheat crackers
17	18	19	20	21
<ul style="list-style-type: none"> • goldfish pretzels/string cheese • goldfish pretzels • multigrain rumbles - salsa fresca 	<ul style="list-style-type: none"> • honey roasted corn nuts • mini dipperdoodle (1.3 oz) 	<ul style="list-style-type: none"> • skeeter cinnamon grahams • revolution foods honey wheat crackers • multigrain rumbles - cinnamon 	<ul style="list-style-type: none"> • yogurt • string cheese 	<ul style="list-style-type: none"> • honeynutz (soy nuts) • zac attack bar apple
24	25	26	27	28
<ul style="list-style-type: none"> • goldfish pretzels/string cheese • goldfish pretzels • multigrain rumbles - salsa fresca 				
31				

What's new?
 Snack happy. A balanced mid-day snack in the afternoon can be a healthy part of your diet! Look for whole grains, protein, and fat to tide you over until dinner.

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

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