

# October

## HOT BREAKFAST – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• HOT french toast w/turkey sausage &amp; egg</li> <li>• yogurt w/ granola</li> <li>• cocoa critters cereal</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• HOT classic chicken sausage &amp; cheddar bagel sandwich</li> <li>• lemon muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• HOT turkey, pepper jack, &amp; cheese omelet gordita</li> <li>• blueberry burst bagel w/ cream cheese</li> <li>• cinnamon chex w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>• dipperdoodle bar</li> <li>• multigrain cheerios w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• HOT omelet w/cheese</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• HOT pancakes w/syrup</li> <li>• french toast muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• HOT breakfast burrito w/ egg &amp; cheese</li> <li>• whole wheat bagel w/ cream cheese</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> <li>• blueberry muffin</li> <li>• cinnamon chex w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• HOT mini cheese omelet w/french toast sticks</li> <li>• yogurt w/granola</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• HOT classic chicken sausage &amp; cheddar bagel sandwich</li> <li>• lemon muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• HOT turkey, pepper jack, &amp; cheese omelet gordita</li> <li>• blueberry burst bagel w/cream cheese</li> <li>• cinnamon chex w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>• dipperdoodle bar</li> <li>• multigrain cheerios w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• HOT omelet w/cheese</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• HOT pancakes w/syrup</li> <li>• french toast muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• HOT panada pie w/eggs, cheese, &amp; green chilis</li> <li>• whole wheat bagel w/ cream cheese</li> <li>• cocoa critters cereal</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> <li>• blueberry muffin</li> <li>• cinnamon chex w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• HOT french toast w/turkey sausage &amp; egg</li> <li>• yogurt w/ granola</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">31</p>			

### what's new?

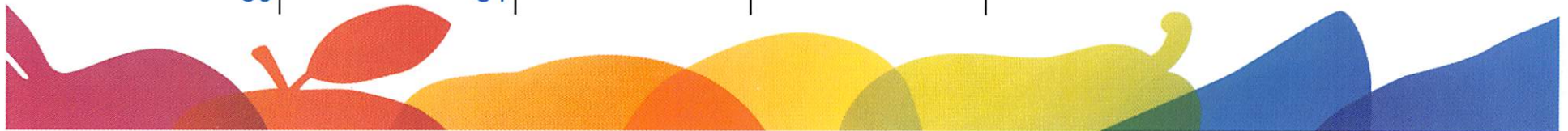
Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

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



# October

LUNCH – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• creamy pasta alfredo (VG)</li> <li>• chicken potstickers (DF)</li> <li>• mighty meaty deli sandwich</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• mama's tamale w/green chili &amp; cheese (VG)</li> <li>• general tso's chicken (DF)</li> <li>• chicken salad sandwich (DF)</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• southern bbq chicken sandwich</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• fiesta scoops (VG)</li> <li>• italian calzoni (VG)</li> <li>• honey mustard chicken wrap</li> <li>○ Lettuce and tomato</li> </ul> <p style="text-align: right;">5</p>	<p style="text-align: center;">• NO SCHOOL</p> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<p style="text-align: center;">• NO SCHOOL</p> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• cheesy ravioli (VG)</li> <li>• turkey &amp; cheddar sandwich</li> <li>• mama's tamale (red chili chicken) (DF)</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• hot dog (DF)</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• firecracker chicken w/sesame noodles</li> <li>• uncle ted's bbq chicken drumsticks w/ cheesy rice</li> <li>• cheddar cheese sandwich (VG)</li> <li>○ Lettuce and tomato</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• breakfast for lunch: pancakes w/ sausage</li> <li>• pepper jack cheeseburger</li> <li>• southwest veggie wrap (VG)</li> <li>○ pinto beans</li> <li>○ baby carrots w/ ranch</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• creamy pasta alfredo (VG)</li> <li>• mighty meaty deli sandwich</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• mama's tamale w/green chili &amp; cheese (VG)</li> <li>• jerk drumstick w/ pineapple carrot rice</li> <li>• chicken salad sandwich (DF)</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• cheeseburger</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• fiesta scoops (VG)</li> <li>• creamy tomato curry w/grilled chicken</li> <li>• honey mustard chicken wrap</li> <li>○ Lettuce and tomato</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• crispy chicken sandwich (DF)</li> <li>• chicken taco trio</li> <li>• taco dippers kit (VG)</li> <li>○ diced carrots w/ ranch</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>• cheese pizza panada pie (VG)</li> <li>• mac &amp; cheese w/chicken bites</li> <li>• garden ranch salad w/chicken</li> <li>○ steamed carrots</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• cheesy ravioli (VG)</li> <li>• kickin chicken melt</li> <li>• turkey &amp; cheddar sandwich</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• southern bbq chicken sandwich</li> <li>○ steamed corn</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• chili citrus drumsticks w/rice (DF)</li> <li>• bbq chicken w/cheesy rice</li> <li>• honey mustard chicken wrap</li> <li>○ Lettuce and tomato</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• pepperjack cheeseburger</li> <li>• lone star bbq chicken sandwich</li> <li>• southwest veggie wrap (VG)</li> <li>○ pinto beans</li> <li>○ diced carrots w/ ranch</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>• creamy pasta alfredo (VG)</li> <li>• chicken potstickers (DF)</li> <li>• mighty meaty deli sandwich</li> <li>○ glazed carrots</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• mama's tamale w/green chili &amp; cheese (VG)</li> <li>• general tso's chicken (DF)</li> <li>• chicken salad sandwich (DF)</li> <li>○ chilled green beans</li> </ul> <p style="text-align: right;">31</p>			

celebrate national school lunch week!

October 9-13 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

