



OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

1
BREAKFAST FOR LUNCH (WG)
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

2

5
COUNTRY CHICKEN BOWL (WG)
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

6
CARNE ASADA TACOS - WG
CARNITAS TACOS - WG
PINTO BEANS
RED SALSA
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

7
BEEF CHEESEBURGER - WG
G
SWEET POTATO WAFFLE FR
IES
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

8
CHICKEN TENDERS (WG)
CREAMY MAC & CHEESE - WG
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

9

12
HOT DOG ON BUN (WG)
SUNCHIPS, ORIGINAL
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

13
CHEESE PIZZA - WG
PEPPERONI PIZZA - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

14
GRILLED CHICKEN SANDWICH - WG
HOMEMADE OVEN ROASTED POTATOES
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

15
HOMEMADE BEEF & BEAN BURGERS
NACHOS - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

16

19
CHILE RELLENO
PINTO BEANS
BIG WHOLE WHEAT TORTILLA
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

20
CHICKEN GYROS - WG
CURLY FRIES
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

21
TORTELLINI & MEAT SAUCE - WG
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

22
BREAKFAST FOR LUNCH (WG)
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

23

26

TERIYAKI CHICKEN & VEGG
E RICE BOWL - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

27

CARNE ASADA TACOS - WG
CARNITAS TACOS - WG
PINTO BEANS
RED SALSA
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

28

BEEF CHEESEBURGER - W
G
SWEET POTATO WAFFLE FR
IES
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

29

CHICKEN TENDERS (WG)
CREAMY MAC & CHEESE -
WG
DINNER ROLL - WG
SALAD & FRUIT BAR
MILK, CHOCOLATE, 1%
MILK, SKIM

30

This institution is an equal opportunity provider.

***Allergen information available upon request**