

October

BREAKFAST

PSN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Cinnamon Chex with Fresh Fruit (VG) (DF) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)
4 Whole Grain Cheerios with String Cheese and Fresh Fruit (VG)	5 Whole Grain Cinnamon Chex with Fresh Fruit (VG) (DF) Cheesy Egg and Potato Scramble with Fresh Fruit (VG)	6 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Cheese Omelet with Mini Cornbread, Fresh Fruit and Ketchup Packet (VG)	7 Lemon Muffin with Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	8 Whole Grain Blueberry Chex with Fresh Fruit (DF) (VG) Classic Cheese Omelet with French Toast Stick, Syrup Packet and Fresh Fruit (VG)
11 Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG)	12 Banana Muffin with Fresh Fruit (VG) Strawberry Pancake Bowl (VG)	13 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Turkey, Cheddar Cheese & Omelet Gordita with Syrup Packet and Fresh Fruit	14 Autumn Spice Muffin and Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit	15 Cinnamon Crumble with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit
18 Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG)	19 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	20 Blueberry Burst Muffin with Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	21 Strawberry Pancake Bowl (VG) Cheesy Egg and Potato Scramble with Fresh Fruit (VG)	22 Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit
25 Whole Grain Cinnamon Chex with Fresh Fruit (VG) (DF)	26 Lemon Muffin with Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit	27 Autumn Spice Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit	28 Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) Turkey, Cheddar Cheese & Omelet Gordita with Syrup Packet and Fresh Fruit	29 Cinnamon Crumble with Fresh Fruit (VG) Classic Cheese Omelet with Mini Cornbread, Fresh Fruit and Ketchup Packet (VG)

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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)

October

BREAKFAST

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Grain Cinnamon Chex with Fresh Fruit (VG) (DF) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)
4 Vanilla Concha Bread with Fresh Fruit (VG)	5 Whole Grain Cinnamon Chex with Fresh Fruit (VG) (DF) Cheesy Egg and Potato Scramble with Fresh Fruit (VG)	6 Strawberry Pancake Bowl (VG) Classic Cheese Omelet with Mini Cornbread, Fresh Fruit and Ketchup Packet (VG)	7 Lemon Muffin with Fresh Fruit (VG) Buttermilk Pancakes with Syrup Packet and Fresh Fruit (VG)	8 Whole Grain Blueberry Chex with Fresh Fruit (VG) (DF) Classic Cheese Omelet with French Toast Stick, Syrup Packet and Fresh Fruit (VG)
11 Zee Zees Cinnamon Crisp Bar with Fresh Fruit (VG) (DF)	12 Banana Muffin with Fresh Fruit (VG) Strawberry Pancake Bowl (VG)	13 Plain Bagel with Cream Cheese Packet and Fresh Fruit (VG) Turkey, Cheddar Cheese & Omelet Gordita with Syrup Packet and Fresh Fruit	14 Autumn Spice Muffin and Fresh Fruit (VG) Southwest Chicken Chorizo & Cheese Brekwich with Syrup Packet and Fresh Fruit	15 Cinnamon Crumble with Fresh Fruit Waffle with Syrup Packet and Fresh Fruit
18 Whole Grain Cheerios with Educational Snacks and Fresh Fruit (VG)	19 Vanilla Concha Bread with Fresh Fruit (VG) French Toast Sticks with Syrup Packet and Fresh Fruit (VG)	20 Blueberry Burst Muffin with Fresh Fruit (VG) Sausage & Cheddar Biscuit with Fresh Fruit	21 Strawberry Pancake Bowl (VG) Cheesy Egg and Potato Scramble with Fresh Fruit (VG)	22 Blueberry Burst Bagel with Cream Cheese Packet and Fresh Fruit (VG) Southwest Chicken Chorizo & Cheese Brekwich with Syrup Packet and Fresh Fruit
25 Whole Grain Cinnamon Chex with Fresh Fruit (DF) (VG)	26 Lemon Muffin with Fresh Fruit (VG) Classic Chicken Sausage & Cheddar Brekwich with Syrup Packet and Fresh Fruit	27 Autumn Spice Muffin with Fresh Fruit (VG) Waffle with Syrup Packet and Fresh Fruit	28 Whole Grain Cheerios with String Cheese and Fresh Fruit (VG) Turkey, Cheddar Cheese & Omelet Gordita with Syrup Packet and Fresh Fruit	29 Cinnamon Crumble with Fresh Fruit (VG) Classic Cheese Omelet with Mini Cornbread, Fresh Fruit and Ketchup Packet (VG)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SW Veggie Wrap (VG) ¹ Chinese Chicken Pasta Noodles Chicken Teriyaki w/ Carrot Rice (DF) Cheese Pizza (VG) Braised Greens
Classic Turkey & Cheddar Sandwich ⁴ Egg Salad Sandwich (VG) (DF) Chicken Gumbo and Corn Bread BBQ Beef Rib Sandwich (DF) Diced Carrots Glazed	Sesame Chicken Wrap (DF) ⁵ Cheese Sandwich (VG) Cheese Pizza (VG) Cheeseburger Side Salad (romaine/carrots)	Honey Mustard Chicken Wrap (DF) ⁶ Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Sloppy Joe Sandwich (DF) Guacamole Soyrizo Burrito (VG) (DF) Steamed Corn	Chinese Chicken Pasta Noodles ⁷ Chicken Caesar Wrap Chicken Enchiladas w/ Brown Rice Cheese Pizza (VG) Green Beans	SW Veggie Wrap (VG) ⁸ Classic Turkey & Cheddar Sandwich Bean and Cheese Pupusa (VG) Chicken Taco Duo Black Beans
Chicken Salad Sandwich (DF) ¹¹ Egg Salad Sandwich (VG) (DF) Cheese Tamale (VG) Chicken Taco Duo Corn Tomato Salad	Honey Mustard Chicken Wrap (DF) ¹² Classic Turkey & Cheddar Sandwich Flame-Broiled Beef Burger (DF) Cheese Pizza (VG) Celery Stick	Cheese Pizza Chef Kit (VG) ¹³ Chinese Chicken Pasta Noodles Mac & Cheese (VG) Crispy Chicken Sandwich (DF) Diced Carrots Glazed	Whole Grain Crackers w/ Marinara Sauce and Shredded Mozzarella Cheese (VG) ¹⁴ Chicken Salad Sandwich (DF) Bean and Cheese Burrito (VG) Cheeseburger Chili citrus Beans Black and corn	Sunbutter, Jelly, Sliced Bread with String Cheese (VG) ¹⁵ Chicken Salad Sandwich (DF) Chicken Mumbo (DF) Sweet Garlic Chicken Noodles (DF) Braised Greens
Honey Mustard Chicken Wrap ¹⁸ Tuna Sandwich Kit (DF) Chili w/ mini cornbread (VG) Oven Roasted Chicken Sandwich (DF) Sweet Potatoes	Cheese Sandwich (VG) ¹⁹ Classic Turkey & Cheddar Sandwich Cheese Pizza (VG) Beef Rib Mumbo w/ Carrot Rice (DF) Romaine Lettuce	Sunbutter, Jelly, Sliced Bread with String Cheese (VG) ²⁰ Cheese Pizza Chef Kit (VG) Beef Bean Burrito Cheeseburger Roasted Potatoes	Chicken Pesto Pasta Salad ²¹ Sesame Chicken Wrap (DF) Flame-Broiled Beef Burger (DF) Mac & Cheese (VG) Celery Stick	Classic Turkey & Cheddar Sandwich ²² Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Shredded BBQ Chicken Plate Pizza Panada Pie (VG) Hot Pinto Beans
Chicken Salad Sandwich (DF) ²⁵ Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Crispy Chicken Sandwich (DF) Chili w/ mini cornbread (VG) Diced Steamed Carrots	Cheese Pizza Chef Kit (VG) ²⁶ Tuna Sandwich Kit (DF) Chicken Bites w/ Waffle Cheeseburger Carrot Corn Peas	Chicken Caesar Wrap ²⁷ Chicken Pesto Pasta Salad BBQ Beef Rib Sandwich (DF) Pizza Panada Pie (VG) Cilantro Lime Pinto Beans	Cheese Pizza Chef Kit (VG) ²⁸ Classic Turkey & Cheddar Sandwich BBQ Beef w/ Carrot Rice (DF) Chicken Mumbo (DF) Seasoned Green Beans	SW Veggie Wrap (VG) ²⁹ Chinese Chicken Pasta Noodles Cheese Pizza (VG) Creamy Chicken Casserole Braised Greens

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Vegetable of the Day

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October

LUNCH

K-5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SW Veggie Wrap (VG) Chillin Chinese Chicken Noodles ¹ Chicken Teriyaki with Carrot Rice (DF) Cheese Pizza (VG) Braised Greens
Egg Salad Sandwich (DF) (VG) ⁴ Classic Turkey and Cheddar Sandwich Chicken Gumbo and Corn Bread BBQ Beef Rib Sandwich (DF) Glazed Sliced Carrots	Sesame Chicken Wrap (DF) ⁵ Cheese Sandwich (VG) Cheese Pizza (VG) Hot Meatball Sub Side Salad (romaine/carrots)	Sunbutter, Jelly, Sliced Bread with String Cheese (VG) ⁶ Honey Mustard Chicken Wrap (VG) Sloppy Joe Sandwich (DF) Chicken Parm Sandwich Steamed Corn	Chillin Chinese Chicken Noodles ⁷ Chicken Caesar Wrap Chicken Enchiladas w/ Seasoned Rice Cheese Pizza (VG) Seasoned Green Beans	SW Veggie Wrap (VG) ⁸ Greek Garbanzo Flatbread Sandwich (DF) (VG) Chicken Taco Duo Bean and Cheese Pupusa (VG) Black Beans
Chicken Salad Sub Sandwich ¹¹ (DF) Egg Salad Sandwich (DF) (VG) Cheese Tamale (VG) Chicken Taco Duo Corn Tomato Salad	Classic Turkey and Cheddar Sandwich ¹² Honey Mustard Chicken Wrap Chicken Garden Ranch Salad Flame-Broiled Beef Burger Cheese Pizza (VG) Celery Sticks	Cheese Pizza Chef Kit (VG) ¹³ Chinese Chicken Noodles Crispy Chicken Sandwich BBQ Chicken w/ Mac and Cheese Glazed Sliced Carrots	Greek Garbanzo Flatbread ¹⁴ Sandwich Chicken Salad Sub Sandwich (DF) Bean and Cheese Burrito (VG) Philly Cheese Steak Sandwich Black Beans w/ Chili Citrus Corn	Sunbutter, Jelly, Sliced Bread with String Cheese (VG) ¹⁵ Chicken Salad Sub Sandwich (DF) Chicken Mumbo (DF) Sweet Garlic Noodles with Chicken Braised Greens
Tuna Sandwich Kit (DF) ¹⁸ Honey Mustard Chicken Wrap (DF) Chili w/ mini cornbread (VG) Oven Roasted Chicken Sandwich (DF) Sweet Potatoes	Cheese Sandwich (VG) ¹⁹ Turkey and Cheese Sandwich Cheese Pizza (VG) Beef Rib Mumbo w/ Carrot Rice (DF) Chopped Romaine Lettuce	Cheese Pizza Chef Kit (VG) ²⁰ Egg Salad Sandwich (DF) (VG) Beef and Bean Burrito (DF) Flame-Broiled Beef Cheeseburger Roasted Potatoes	Chicken Pesto Pasta Salad ²¹ Sesame Chicken Wrap (DF) Hot Meatball Sub Mac and Cheese (VG) Celery Sticks	Classic Turkey and Cheddar Sandwich ²² Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Shredded BBQ Chicken Plate Pizza Panada Pie (VG) Hot Pinto Beans
Chicken Salad Sub Sandwich ²⁵ (DF) Sunbutter, Jelly, Sliced Bread with String Cheese (VG) Chili w/ mini cornbread (VG) Crispy Chicken Sandwich (DF) Baby Carrots	Egg Salad Sandwich (DF) (VG) ²⁶ Tuna Sandwich Kit (DF) Chicken Bites with Waffle Flame-Broiled Beef Cheeseburger Carrots Corn Peas	Chicken Caesar Wrap ²⁷ Chicken Pesto Pasta Salad Pizza Panada Pie (VG) BBQ Beef Rib Sandwich (DF) Cilantro Lime Pinto Beans	Greek Garbanzo Flatbread Sandwich (VG) (DF) ²⁸ Cheese Pizza Chef Kit (VG) Korean BBQ Beef w/ Carrot Rice (DF) Chicken Mumbo (DF) Seasoned Green Beans	SW Veggie Wrap (VG) ²⁹ Chillin Chinese Chicken Noodles Cheese Pizza (VG) Creamy Chicken Casserole Braised Greens

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Vegetable of the Day

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SUPPER

GRAB AND GO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sweet Garlic Chicken Noodles with Broccoli Florets, Seasonal Fruit Veggie Chef Salad with Ranch Dressing Packet, Whole Grain Dinner Roll and Seasonal Fruit
4 Veggie Chef Salad with Ranch Dressing Packet, Whole Grain Dinner Roll and Seasonal Fruit Chicken Bites Snacker Pack with Street Corn, Seasonal Fruit and Ketchup Packet	5 Greek Chicken Flatbread with Celery Sticks and Grape Tomatoes, Ranch Dressing Packet and Seasonal Fruit Snacker Pack! Educational Snacks with Lightly Salted Sunflower Seeds, String Cheese, Blanched Broccoli Florets and Grape Tomatoes and Seasonal Fruit	6 Whole Wheat Slices for Sandwich with Sunbutter, Grape Jelly Packet, Fresh Celery Sticks, String Cheese and Seasonal Fruit Garden Ranch Salad with Chicken Kit, Ranch Dressing Packet and Seasonal Fruit	7 Cheese Please! Pizza Chef Kit (Flat Bread, Marinara Sauce, Mozzarella Cheese, String Cheese) with Baby Carrots Bag and Seasonal Fruit Honey Mustard Chicken Slider Snacker Pack with Seasonal Fruit and Baby Carrots	8 Sweet Garlic Chicken Noodles with Broccoli Florets, Seasonal Fruit Whole Wheat Slices for Sandwich with Sunbutter, Grape Jelly Packet, Fresh Celery Sticks, String Cheese and Seasonal Fruit
11 Chicken Caesar Salad with Whole Grain Croutons Portion Bag, Caesar Dressing Packet and Seasonal Fruit Chicken Bites Sandwich with String Cheese, Fresh Celery Sticks, Honey Mustard Dressing Packet and Seasonal Fruit	12 Honey Wheat Crackers with String Cheese, Sunbutter, Seasoned Blanched Broccoli Florets, Seasonal Fruit Turkey-Lettuce Tomato Slider with Chopped Romaine Lettuce, Tomato Slices, Mayonnaise Packet, String Cheese, Seasonal Fruit	13 Pesto Pasta Salad with Chicken, Ranch Dressing Packet and Seasonal Fruit Snacker Pack! Goldfish Cheddar Crackers with Lightly Salted Sunflower Seeds, String Cheese, Celery Sticks and Grape Tomatoes and Seasonal Fruit	14 Garden Ranch Salad with Chicken Kit, Ranch Dressing Packet and Seasonal Fruit Cheese Slider Snacker Pack with Lightly Salted Sunflower Seeds, Fresh Cucumber Slices, Seasonal Fruit and Mustard Packet	15 Chicken Bites Sandwich with String Cheese, Fresh Celery Sticks, Honey Mustard Dressing Packet and Seasonal Fruit Snacker Pack! Educational Snacks with String Cheese, Lightly Salted Sunflower Seeds, Baby Carrots and Seasonal Fruit
18 Snacker Pack! Educational Snacks with String Cheese, Lightly Salted Sunflower Seeds, Baby Carrots Bag and Seasonal Fruit Greek Chicken Flatbread with Celery Sticks and Grape Tomatoes, Ranch Dressing Packet and Seasonal Fruit	19 Whole Wheat Slices for Sandwich with Sunbutter, Grape Jelly Packet, Fresh Celery Sticks, String Cheese and Seasonal Fruit Turkey-Lettuce Tomato Slider with Chopped Romaine Lettuce, Tomato Slices, Mayonnaise Packet, String Cheese, Seasonal Fruit	20 Cheese Please! Pizza Chef Kit with Baby Carrots Bag and Seasonal Fruit Chicken Bites Snacker Pack with Baby Carrots Ketchup Packet and Seasonal Fruit	21 Honey Mustard Chicken Slider Snacker Pack with Seasonal Fruit and Baby Carrots Turkey Pesto Wrap with Seasonal Fruit and Fresh Celery Sticks	22 Sliced Turkey with Sliced Cheddar Cheese, Honey Wheat Crackers, Fresh Celery Sticks and Seasonal Fruit Sweet Garlic Chicken Noodles with Broccoli Florets, Seasonal Fruit
25 Chicken Salad Slider Snacker Pack with String Cheese, Seasonal Fruit Turkey Pesto Wrap with Seasonal Fruit and Fresh Celery Sticks	26 Chicken Bites Sandwich with String Cheese, Fresh Celery Sticks, Honey Mustard Dressing Packet and Seasonal Fruit Whole Wheat Slices for Sandwich with Sunbutter, Grape Jelly Packet, Fresh Celery Sticks, String Cheese and Seasonal Fruit	27 Fiesta Chicken Slider Snacker Pack with Lightly Salted Sunflower Seeds, Fresh Celery Sticks and Seasonal Fruit Snacker Pack! Goldfish Pretzel Crackers with Sunbutter, String Cheese, Fresh Celery Sticks and Seasonal Fruit	28 Whole Wheat Slices for Sandwich with Sliced Cheddar Cheese, Sliced Turkey, Fresh Celery Sticks, Mayonnaise Packet and Seasonal Fruit Pesto Pasta Salad with Chicken, Ranch Dressing Packet and Seasonal Fruit	29 Veggie Chef Salad with Ranch Dressing Packet, Whole Grain Dinner Roll and Seasonal Fruit Sweet Garlic Chicken Noodles with Broccoli Florets, Seasonal Fruit

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Student Favorite ★