

Breakfast Pre-K

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multi-Grain Frosted Flakes w/ 100% Grape Juice	3 Yogurt w/ Fresh Apple Slices	4 Honey Cheerios w/ Mixed Fruit Cup	5 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	6 Banana Muffin w/ 100% Fruit Juice
9	10 Multi-Grain Cheerios w/ 100% Orange Juice	11 Corn Muffin w/ Fresh Apple Slices	12 Yogurt w/ 100% Orange Juice	13 Cheerios w/ 100% Grape Juice
16 Multi-Grain Flakes w/ 100% Grape Juice	17 Yogurt w/ Fresh Apple Slices	18 Rice Chex w/ 100% Apple Juice	19 Cinnamon Raisin Bagel w/ Butter & 100% Fruit Juice	20 Banana Muffin w/ Diced Peaches
23 Blueberry Muffin w/ 100% Fruit Juice	24 Multi-Grain Cinnamon Flakes w/ Diced Peaches	25 Multi-Grain Cheerios w/ Fresh Apple Slices	26 Yogurt w/ 100% Orange Juice	27 Cheerios w/ 100% Grape Juice
30 Multi-Grain Frosted Flakes w/ 100% Grape Juice	31 Yogurt w/ Fresh Apple Slices			

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

Breakfast 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 Honey Cheerios w/ Graham Crackers Cinnamon Bun Apple Slices & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9	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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Breakfast Milk Choices

- 1% Unflavored Milk
- Skim Unflavored Milk

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Lunch Pre-K

OCTOBER 2023

MON	TUE	WED	THU	FRI
<p>2 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll</p> <p>Cheese Raviolis w/ Tomato Sauce (V)</p> <p>Italian Vegetables</p> <p>Apple Slices</p>	<p>3 Chicken Mole w/ Brown Rice Pilaf & Green Peas</p> <p>Spanish Rice & Beans w/ Plantain(V)</p> <p>Fresh Pear</p>	<p>4 Chicken Fingers w/ Ketchup</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice (V)</p> <p>Corn</p> <p>Fresh Apple</p>	<p>5 Penne w/ Beef Meat Sauce</p> <p>Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Orange slices</p>	<p>6 Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Fresh Apple</p>
<p>9</p>	<p>10 Turkey Chili w Whole Wheat Bread Slice & Mixed Vegetables</p> <p>Spanish Rice & Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>11 Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)</p> <p>Fresh Pear</p>	<p>12 BBQ Chicken w/ Sweet Mashed Potatoes</p> <p>Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>13 Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Italian Vegetables</p> <p>Fresh Apple</p>
<p>16 Beef Burger w/ Ketchup & Green Beans</p> <p>Spanish Rice & Beans w/ Plantain (V)</p> <p>Apple Slices</p>	<p>17 Pasta & Chicken Meatballs in Tomato Sauce w/ Italian Vegetables</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)</p> <p>Fresh Pear</p>	<p>18 Chicken Alfredo w/ Penne Pasta</p> <p>Home-Style Macaroni & Cheese (V)</p> <p>Broccoli</p> <p>Fresh Apple</p>	<p>19 Meatloaf w/Gravy & Mashed Potatoes</p> <p>Cheese Raviolis w/ Tomato Sauce & Italian Vegetables (V)</p> <p>Orange Slices</p>	<p>20 Cheese Pizza (V)</p> <p>Garden Salad w/ Ranch Dressing</p> <p>Fresh Apple</p>
<p>23 Chicken Parmesan w/ Green Beans</p> <p>Penne w/ Tomato Sauce, Mozzarella, & Ricotta Cheese (V)</p> <p>Apple Slices</p>	<p>24 Spanish Rice & Beans w/ Plantain (V)</p> <p>Fresh Apple</p>	<p>25 Salisbury Steak w/ Roasted Potatoes</p> <p>Falafel Nuggets w/ Whole Wheat Bread Slice & Corn (V)</p> <p>Fresh Pear</p>	<p>26 Caribbean Pineapple Chicken w/ Brown Rice & Carrots</p> <p>Home-Style Macaroni & Cheese w/ Broccoli (V)</p> <p>Orange Slices</p>	<p>27 Turkey Fajita w/ Brown Rice & Corn</p> <p>Cheese Pizza w/ Garden Salad & Ranch Dressing (V)</p> <p>Fresh Apple</p>
<p>30 Chicken Meatballs in Tomato Sauce w/ Mozzarella Cheese & Roll</p> <p>Cheese Raviolis w/ Tomato Sauce (V)</p> <p>Italian Vegetables</p> <p>Apple Slices</p>	<p>31 Chicken Mole w/ Brown Rice Pilaf & Green Peas</p> <p>Spanish Rice & Beans w/ Plantain(V)</p> <p>Fresh Pear</p>			

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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 Chicken Caesar Salad w/ Pita Bread Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	6 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			

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Supper Grab & Go

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MON	TUE	WED	THU	FRI
<p>2</p> <p>Sunbutter & Jelly Sandwich w/ Baby Carrots (V)</p> <p>Diced Peaches</p>	<p>3</p> <p>Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup</p> <p>Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)</p>	<p>4</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>5</p> <p>Chicken Salad Sandwich Garden Side Salad w/Ranch Dressing Fresh Pear</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup</p>	<p>6</p> <p>Turkey Ham & Cheese Sandwich w/ 100% Vegetable Juice</p> <p>Strawberry Yogurt w/ Granola Drops (V) Baby Carrots</p> <p>Applesauce</p>
<p>9</p> <p>Strawberry Yogurt w/ Granola Drops (V)</p> <p>Baby Carrots</p> <p>Applesauce</p>	<p>10</p> <p>Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V)</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>11</p> <p>Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple</p> <p>Sunbutter & Jelly Sandwich w/ String Cheese & Baby Carrots (V) Diced Peaches</p>	<p>12</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks</p> <p>Garden Side Salad w/ Ranch Dressing</p> <p>Pineapple Cup</p>	<p>13</p> <p>Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange</p> <p>Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)</p>
<p>16</p> <p>Sunbutter & Jelly Sandwich w/ Baby Carrots (V)</p> <p>Diced Peaches</p>	<p>17</p> <p>Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup</p> <p>Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)</p>	<p>18</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>19</p> <p>Chicken Salad Sandwich Garden Side Salad w/ Ranch Dressing Fresh Pear</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks Garden Side Salad w/ Ranch Dressing Pineapple Cup</p>	<p>20</p> <p>Turkey Ham & Cheese Sandwich w/100% Vegetable Juice</p> <p>Strawberry Yogurt w/ Granola Drops (V) Baby Carrots Applesauce</p>
<p>23</p> <p>Strawberry Yogurt w/ Granola Drops (V)</p> <p>Baby Carrots</p> <p>Applesauce</p>	<p>24</p> <p>Egg Salad Sandwich w/ Potato Salad & Diced Peaches (V)</p> <p>Build Your Own Pizza Kit (V)</p> <p>Fresh Orange</p>	<p>25</p> <p>Turkey Bologna & Cheese Sandwich w/ Baby Carrots Fresh Apple</p> <p>Sunbutter & Jelly Sandwich w/ String Cheese & Baby Carrots (V) Diced Peaches</p>	<p>26</p> <p>Honey Bagel w/ Butter (V) Mozzarella Cheese Sticks</p> <p>Garden Side Salad w/ Ranch Dressing</p> <p>Pineapple Cup</p>	<p>27</p> <p>Turkey & Cheese Sandwich w/ 100% Vegetable Juice & Fresh Orange</p> <p>Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)</p>
<p>30</p> <p>Sunbutter & Jelly Sandwich w/ Baby Carrots (V)</p> <p>Diced Peaches</p>	<p>31</p> <p>Chicken Breast Sandwich w/ Baby Carrots & Pineapple Cup</p> <p>Cheese Sandwich w/ 100% Vegetable Juice & Pineapple Cup (V)</p>			

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