

October Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

2
Pop-Tarts
Green Apple
100% Juice
Milk

3
Apple Frudel
Orange
100% Juice
Milk

4
Mini Cinni
Red Apple
100% Juice
Milk

5
Cinnamon Toast
Pastry
Peach
100% Juice
Milk

6
Cereal Bar
Fresh Fruit Variety
100% Juice
Milk

NO SCHOOL
Fall Break 10/9 - 10/13

16
NO SCHOOL

17
Oatmeal Round
Orange
100% Juice
Milk

18
Mini Strawberry
Bagel
Red Apple
100% Juice
Milk

19
Yogurt
& Graham Cracker
Peach
100% Juice
Milk

20
Pancake
Fresh Fruit Variety
100% Juice
Milk

23
Pop-Tarts
Green Apple
100% Juice
Milk

24
Apple Frudel
Orange
100% Juice
Milk

25
Mini Cinni
Red Apple
100% Juice
Milk

26
Cinnamon Toast
Pastry
Peach
100% Juice
Milk

27
Cereal Bar
Fresh Fruit Variety
100% Juice
Milk

30
Cinnamon Toast
Crunch Cereal
Green Apple
100% Juice
Milk

31
Oatmeal Round
Orange
100% Juice
Milk

Choice of Milk: Milk is given at every meal. Offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.

Menu is subject to change due to supply chain issues.



This institution is an equal opportunity provider.



October Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

2
Grilled Cheese
Baby Carrots
Red Apple
Milk

3
Chicken Sandwich
Waffle Fries
Romaine Lettuce
Orange
Milk

4
Meatball Marinara
Broccoli
Peach
Milk

5
Pizza
Cucumber
Hummus
Green Apple
Milk

6
Chicken Burrito
Baby Carrots
Salsa
Fresh Fruit Variety
Milk

NO SCHOOL
Fall Break 10/9 - 10/13

16
NO SCHOOL

17
Hot Dogs
Waffle Fries
Orange
Milk

18
Cheeseburgers
Romaine Lettuce
Tomatoes
Peach
Milk

19
Pizza
Cucumber
Hummus
Green Apple
Milk

20
Bean & Cheese Pupusa
Baby Carrots
Salsa
Fresh Fruit Variety
Milk

23
Cheesy Breadsticks
Marinara
Red Apple
Milk

24
Chicken Tenders
Waffle Fries
Orange
Milk

25
Bean & Cheese Nachos
Salsa
Cilantro
Peach
Milk

26
Pizza
Cucumber
Hummus
Green Apple
Milk

27
Orange Chicken
Brown Rice
Broccoli
Fresh Fruit Variety
Milk

30
Bean & Cheese Burrito
Salsa
Baby Carrots
Red Apple
Milk

31
Chicken Nuggets
Waffle Fries
Orange
Milk

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