

# Breakfast Menu

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
30	1 <b>Pancake &amp; Chicken Sausage Patty</b> V: <i>Pancakes</i> <i>Syrup</i> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	2 <b>Yogurt Granola</b> <i>Fruit</i> <i>Milk</i>	3 <b>Banana Muffin</b> <i>Fruit</i> <i>Milk</i>	4 <b>Boom Chicken Boom Sandwich</b> * V: <b>Boom Cheese Boom</b> <i>Fruit</i> <i>Milk</i>
7 <b>Cinnamon Frosted Flakes</b> <i>Whole Grain Bites</i> <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	8 <b>Bean &amp; Cheese Burrito Hot Sauce</b> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	9 <b>Strawberry Bagel Bar</b> <i>Fruit</i> <i>Milk</i>	10 <b>Blueberry Muffin Flat</b> <i>Fruit</i> <i>Milk</i>	11 <b>Chicken &amp; Waffle</b> *V: <b>Waffles*</b> <b>Syrup</b> <i>Fruit</i> <i>Milk</i>
14 <b>Fruit Loops</b> <i>Whole Grain Bites</i> <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	15 <b>Cheesy Pretzel Bread Sandwich</b> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	16 <b>Yogurt Granola</b> <i>Fruit</i> <i>Milk</i>	17 <b>Banana Bread</b> <i>Fruit</i> <i>Milk</i>	18 <b>Chicken Sausage Biscuit</b> V: <b>Cheesy Biscuit</b> <i>Strawberry Jelly</i> <i>Fruit</i> <i>Milk</i>
21 <b>Frosted Flakes</b> <i>Whole Grain Bites</i> <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	22 <b>Mini Confetti Pancakes</b> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	23 <b>Apple Chewie Bar</b> <i>Fruit</i> <i>Milk</i>	24 <b>Pan Dulce</b> <i>Fruit</i> <i>Milk</i>	25 <b>Breakfast Cheese Tamale</b> <i>Fruit</i> <i>Milk</i>
28 <b>Apple Jacks Cereal</b> <i>Whole Grain Bites</i> <i>Fruit Cup</i> <i>Fruit</i> <i>Milk</i>	29 <b>French Toast Sticks</b> <i>100% Fruit Juice</i> <i>Fruit</i> <i>Milk</i>	30 <b>Yogurt Granola</b> <i>Fruit</i> <i>Milk</i>	31 <b>Pumpkin Muffin</b> <i>Fruit</i> <i>Milk</i>	1

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, vegetable, 1/2 cup fruit serving, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



# Lunch Menu

## October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Vegetarian Lunch (10) Beef Hot Dog, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (1)	<b>2</b> Vegetarian Lunch (10) Turkey Nachos, Tortilla Chips (95) Vegetable Packet K8 (79) LN Whole Fruit K8 (1)	<b>3</b> <b>Vegetarian Lunch (10)</b> <b>Club Sandwich,*Contains Pork* (95)</b> <b>Side Salad K8 (42)</b> <b>LN Whole Fruit K8 (1)</b>	<b>4</b>
<b>7</b>	<b>8</b> Vegetarian Lunch (10) Chicken Patty Burger, Oven Baked Fries (95) Starchy Vegetable K8 (105) LN Whole Fruit K8 (1)	<b>9</b> Vegetarian Lunch (10) Turkey Chili, Popped Corn Chips (95) Vegetable Packet K8 (79) LN Whole Fruit K8 (1)	<b>10</b> Vegetarian Lunch (10) Breaded Chicken Leg, Mashed Potatoes w/Gravy, Dinner Roll (100) Side Salad K8 (44)	<b>11</b> Vegetarian Lunch (10) Chicken Burrito Bowl w/ Brown Rice & Veggies (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)
<b>14</b> Vegetarian Lunch (10) Chicken Tamal, Mixed Vegetables (95) Vegetable Packet K8 (79) LN 100% Fruit Juice K8 (105)	<b>15</b> Vegetarian Lunch (10) Cheeseburger, Oven Baked Fries (100) Starchy Vegetable K8 (110) LN Whole Fruit K8 (1)	<b>16</b> Cheese Ravioli (105) Vegetable Packet K8 (79) LN Whole Fruit K8 (1) 1% White Milk (21) Fat Free Chocolate Milk (63)	<b>17</b> Vegetarian Lunch (10) Beef Nacho Burrito (95) Side Salad K8 (42) LN Whole Fruit K8 (1) 1% White Milk (21)	<b>18</b> Vegetarian Lunch (10) Breakfast for Lunch: French Toast, Sausage & Tots (105) Vegetable Packet K8 (86) LN 100% Fruit Juice K8 (115)
<b>21</b> Vegetarian Lunch (10) Roasted Chicken Leg, Glazed Carrots, Dinner Roll (105) Vegetable Packet K8 (86) LN 100% Fruit Juice K8 (115)	<b>22</b> Vegetarian Lunch (10) Chicken Nuggets, Oven Baked Fries (100) Starchy Vegetable K8 (110) LN Whole Fruit K8 (1)	<b>23</b> Vegetarian Lunch (10) Baked Chicken Spaghetti (100) Vegetable Packet K8 (83) LN Whole Fruit K8 (1) 1% White Milk (22)	<b>24</b> Vegetarian Lunch (10) Hamburger (105) Side Salad K8 (46) LN Whole Fruit K8 (1) 1% White Milk (23)	<b>25</b> Vegetarian Lunch (10) Green Chicken Enchiladas (105) Vegetable Packet K8 (86) LN 100% Fruit Juice K8 (115) 1% White Milk (23)
<b>28</b> Vegetarian Lunch (10) Pepperoni Pizza Mac & Cheese (105) Vegetable Packet K8 (86) LN 100% Fruit Juice K8 (115)	<b>29</b> Vegetarian Lunch (10) Beef Hot Dog, Oven Baked Fries (105) Starchy Vegetable K8 (115) LN Whole Fruit K8 (1)	<b>30</b> Vegetarian Lunch (10) Turkey Nachos, Tortilla Chips (105) Vegetable Packet K8 (86) LN Whole Fruit K8 (1)	<b>31</b> Vegetarian Lunch (10) Southwest Chicken Salad, Dinner Roll, Ranch Dressing (95) Side Salad K8 (42) LN Whole Fruit K8 (1)	

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# Lunch Menu Vegetarian K-8



**October 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
30	1 <b>Plant-Based "Chicken" Tenders</b> <i>Oven Baked Fries</i> <i>Baked Chips</i> <i>Fruit</i> <i>Milk</i>	2 <b>Cheese Nachos</b> <b>Tortilla Chips</b> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	3 <b>Penne Alfredo</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	4 <b>Plant-Based "Chicken" Teriyaki</b> <b>Not So Fried Rice</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
7 <b>Cheesy Baked Ziti</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	8 <b>Vegetarian Burger</b> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	9 <b>Bean &amp; Cheese Chili</b> <b>Popped Corn Chips</b> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	10 <b>Plant-Based "Chicken" Tenders</b> <b>Mashed Potatoes w/ Gravy</b> <b>Dinner Roll</b> <i>Side Salad</i> <i>Fruit</i> <i>Milk</i>	11 <b>Bean Burrito Bowl</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
14 <b>Cheese Tamale</b> <b>Mixed Vegetables</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	15 <b>Vegetarian Cheeseburger</b> <i>Oven Baked Fries</i> <i>Fruit</i> <i>Milk</i>	16 <b>Cheese Ravioli</b> <i>Baby Tomatoes</i> <i>Fruit</i> <i>Milk</i>	17 <b>Bean &amp; Cheese Burrito</b> <i>Side Salad</i> <i>Premium Bulk Fruit Day</i> <i>Milk</i>	18 <b>Breakfast for Lunch:</b> <b>French Toast, Plant-Based</b> <b>"Chicken" Tenders,</b> <b>&amp; Tots</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>
21 <b>Vegetarian Cheeseburger</b> <b>w/ Glazed Carrots</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	22 <b>Plant-Based "Chicken" Tenders</b> <b>Oven Baked Fries</b> <i>Whole Grain Dessert</i> <i>Fruit</i> <i>Milk</i>	23 <b>Baked Spaghetti</b> <b>w/ Plant Based "Beef"</b> <i>Edamame Beans</i> <i>Fruit</i> <i>Milk</i>	24 <b>Vegetarian Cheeseburger</b> <i>Pickles, Tomato, &amp; Lettuce Kit</i> <i>Fruit</i> <i>Milk</i>	25 <b>Green Cheese Enchiladas</b> <i>Baby Carrots w/ Tajin</i> <i>100% Fruit Juice</i> <i>Milk</i>
28 <b>Veggie Pizza Mac &amp; Cheese</b> <i>Baby Carrots</i> <i>100% Fruit Juice</i> <i>Milk</i>	29 <b>Plant-Based "Chicken" Tenders</b> <i>Oven Baked Fries</i> <i>Popped Chips</i> <i>Fruit</i> <i>Milk</i>	30 <b>Cheese Nachos</b> <b>Tortilla Chips</b> <i>Baby Carrots</i> <i>Fruit</i> <i>Milk</i>	31 <b>Penne Alfredo</b> <i>Side Salad</i> <i>Holiday Cookie</i> <i>Fruit</i> <i>Milk</i>	1

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# Snack Menu

**October 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
30	1 Mini Blueberry Muffin Fruit (3/4c)	2 Chex Mix Original 100% Fruit Juice (6 oz)	3 Baked Sour Cream Chips Fruit (3/4 c)	4 Whole Grain Granola 100% Fruit Juice (6oz)
7 Baked BBQ Chips 100% Fruit Juice (6 oz)	8 Animal Crackers Fruit (3/4 c)	9 Strawberry Chex Mix 100% Fruit Juice (6 oz)	10 Multi-Grain Bar Fruit (3/4c)	11 Honey Sunflower Seeds 100% Fruit Juice (6 oz)
14 Cheez-its 100% Fruit Juice (6 oz)	15 Mini Banana Loaf Fruit (3/4c)	16 Baked Nacho Cheese Chips 100% Fruit Juice (6 oz)	17 Cinnamon Gripz Fruit (3/4 c)	18 Strawberry Delight 100% Fruit Juice (6oz)
21 Baked Churro Chips 100% Fruit Juice (6 oz)	22 Chocolate Soy Butter (1 MA) Graham Crackers (1G - 3 pack)	23 Goldfish Pretzels 100% Fruit Juice (6oz)	24 Whole Grain Pop-Tart Fruit (3/4c)	25 Cheese Puffs 100% Fruit Juice (6 oz)
28 Multi-Grain Bar 100% Fruit Juice (6 oz)	29 Mini Blueberry Muffin Fruit (3/4c)	30 Strawberry Chex Mix 100% Fruit Juice (6 oz)	31 Baked Sour Cream Chips 100% Fruit Juice (6 oz)	1

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Snack includes 2 items: grain, fruit, protein or milk.

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