

October

BREAKFAST

Hot and Cold (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)</p>	<p>4</p> <p>Waffle & Syrup (V) Cheerios & Educational Snacks (V) (DF) Blueberry Muffin (V)</p>	<p>5</p> <p>Pancakes & Syrup (V) Yogurt & Cinnamon Grahams (V) French Toast Muffin (V)</p>	<p>6</p> <p>Southwest Egg Scramble & Roll (V) Blueberry Chex (V) Plain Bagel with Cream Cheese (V)</p>	<p>7</p> <p>Cinnamon Crisp Zee Zee Bar (V) (DF) Banana Muffin (V)</p>
<p>10</p> <p>Columbus Day</p>	<p>11</p> <p>French Toast Stick & Pancake (V) Plain Bagel with Cream Cheese (V) Lemon Muffin (V)</p>	<p>12</p> <p>Sausage Bagel Sandwich Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)</p>	<p>13</p> <p>Egg & Cheese English Muffin Brekwich (V) Vanilla Concha (V) Blueberry Bagel with Cream Cheese (V)</p>	<p>14</p> <p>Cinnamon Crumble (V) French Toast Muffin (V)</p>
<p>17</p> <p>Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)</p>	<p>18</p> <p>Waffle & Syrup (V) Cheerios & Educational Snacks (V) (DF) Blueberry Muffin (V)</p>	<p>19</p> <p>Pancakes & Syrup (V) Yogurt & Cinnamon Grahams (V) French Toast Muffin (V)</p>	<p>20</p> <p>Southwest Egg Scramble & Roll (V) Blueberry Chex (V) Plain Bagel with Cream Cheese (V)</p>	<p>21</p> <p>Apple Berry Zee Zee Bar (V) (DF) Banana Muffin (V)</p>
<p>24</p> <p>Yogurt & Cinnamon Grahams (V) Apple Berry Zee Zee Bar (V) (DF)</p>	<p>25</p> <p>French Toast Sticks (V) Plain Bagel with Cream Cheese (V) Lemon Muffin (V)</p>	<p>26</p> <p>Sausage Bagel Sandwich (V) Yogurt & Educational Snacks (V) Cinnamon Grahams & String Cheese (V)</p>	<p>27</p> <p>Egg & Cheese English Muffin Brekwich (V) Vanilla Concha (V) Blueberry Bagel with Cream Cheese (V)</p>	<p>28</p> <p>Cinnamon Crumble (V) French Toast Muffin (V)</p>
<p>31</p> <p>Cinnamon Chex & Educational Snacks (V) (DF) Cinnamon Crumble (V)</p>				

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

surveymonkey.com/r/mealsatisfactionsurvey



This institution is an equal opportunity provider.
All grains offered are whole-grain rich.

Choice of 0%, 1% or fat-free milk; fresh fruit available daily except when fruit juice is served.

Dairy-Free (DF)
Vegetarian (V)

October

LUNCH

Hot & Cold (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Crispy Chicken Sandwich (DF) 3 Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Turkey Deli Sandwich (DF) Steamed Corn	BBQ Chicken Drumstick 4 Jamaican Patty (DF) (V) Chicken Salad Sandwich (DF) Honey Mustard Chicken Wrap Roasted Sweet Potatoes	Cheeseburger 5 Bean & Beef Burrito (DF) Cheddar Cheese Sandwich (V) Turkey & Cheese Deli Sandwich Cilantro Lime Pinto Beans	Chicken Teriyaki (DF) 6 Cheese Lasagna (V) Chicken Salad Sandwich (DF) Sunbutter & Jelly Kit with String Cheese (V) Romaine Lettuce & Sliced Tomatoes with Ranch	Pepperoni Pizza 7 Cheese Enchilada (V) Honey Mustard Chicken Salad Cheddar Cheese Sandwich (V) Coleslaw
10 Columbus Day	Hot Dog (DF) 11 Bean & Beef Burrito (DF) Cheddar Cheese Sandwich (V) Turkey Deli Sandwich (DF) Baby Carrots	Crispy Chicken Sandwich (DF) 12 Green Chili, Chicken, & Cheese Quesadilla Southwest Veggie Wrap (V) Chicken Salad Sandwich (DF) Carrots, Corn, & Peas	Hamburger (DF) 13 Chicken Enchilada Sunbutter & Jelly Kit with String Cheese (V) Turkey Deli Sandwich (DF) Steamed Broccoli	Meatball & Mozzarella Sub 14 Mac & Cheese (V) Chicken Salad Sandwich (DF) Chicken Garden Ranch Salad Falafel Tots
Crispy Chicken Sandwich (DF) 17 Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Turkey Deli Sandwich (DF) Green Peas	BBQ Chicken Drumstick 18 Jamaican Patty (DF) (V) Chicken Salad Sandwich (DF) Honey Mustard Chicken Wrap Roasted Sweet Potatoes	Cheeseburger 19 Bean & Beef Burrito (DF) Cheddar Cheese Sandwich (V) Turkey & Cheese Deli Sandwich Chili Citrus Corn & Black Beans	Chicken Teriyaki (DF) 20 Cheese Lasagna (V) Chicken Salad Sandwich (DF) Sunbutter & Jelly Kit with String Cheese (V) Romaine Lettuce & Sliced Tomatoes with Ranch	Pepperoni Pizza 21 Cheese Enchilada (V) Honey Mustard Chicken Salad Cheddar Cheese Sandwich (V) Coleslaw
Chicken Bites (DF) 24 Cheese Pizza (V) Turkey Deli Sandwich Turkey & Cheese Deli Sandwich Baby Carrots	Hot Dog (DF) 25 Bean & Beef Burrito (DF) Cheddar Cheese Sandwich (V) Honey Mustard Chicken Wrap Green Beans	Crispy Chicken Sandwich (DF) 26 Green Chili, Chicken, & Cheese Quesadilla Southwest Veggie Wrap (V) Chicken Salad Sandwich (DF) Carrots, Corn, & Peas	Hamburger (DF) 27 Chicken Enchilada Sunbutter & Jelly Kit with String Cheese (V) Turkey Deli Sandwich (DF) Steamed Broccoli	Meatball & Mozzarella Sub 28 Mac & Cheese (V) Chicken Salad Sandwich (DF) Chicken Garden Ranch Salad Pinto Beans
31 Crispy Chicken Sandwich (DF) Bean & Cheese Burrito (V) Sunbutter & Jelly Kit with String Cheese (V) Turkey Deli Sandwich (DF) Steamed Corn				

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revolution foods.

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Vegetable of the Day

Dairy-Free (DF)

Vegetarian (V)