



October 2021 Breakfast Menu "A"



Monday	Tuesday	Wednesday	Thursday	Friday
DAILY CEREAL OPTION				
Cereal w/ Honey Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Strawberry Grahams	Cereal w/ Cinnamon Grahams	Cereal w/ Granola
FEATURED ENTRÉE OF THE DAY				
27	28	29	30	1
Cinnamon Delight	French Toast	Cranberry Oatmeal Round	Chicken Sausage & Pancake w/ Syrup	Pan Dulce
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Green Apple (1/2 c) & Whole Fruit (1/2 c)</i>
4	5	6	7	8
Whole Grain Bagel w/ Cream Cheese	Mini Blueberry Pancakes	Mantecada Sweet Bread	Breakfast Cheese Tamale	Pineapple Empanada
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Seasonal/ Pear (1/2 c) & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
11	12	13	14	15
Chocolate Chip Muffin Flat	Bean & Cheese Burrito <i>Hot Sauce</i>	Mango Bar	Egg & Cheese Sandwich	Mini Soybutter & Jelly Sandwich
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
18	19	20	21	22
Coffee Cake	Mini Banana Pancakes	Fruit Yogurt Parfait Granola	Chicken & Waffle w/ Syrup	Strawberry Muffin
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Seasonal/ Pear (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
25	26	27	28	29
Cinnamon Delight	Mini Maple Pancakes	Cranberry Oatmeal Round	Chicken Sausage & Pancake w/ Syrup	Pan Dulce
<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Orange (1/2 c) & Whole Fruit (1/2 c)</i>	<i>Apple Sauce & Whole Fruit (1/2 c)</i>	<i>100% Fruit Juice (4 oz) & Whole Fruit (1/2 c)</i>	<i>Dried Fruit (1/2 c) & Whole Fruit (1/2 c)</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.				



October 2021 K-8 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger w/ Oven Baked Fries	Beef Nachos w/ Tortilla Chips	Chicken Nuggets & Mash	Baked Ziti w/ Meat Sauce	Beef, Bean & Cheese Burrito <i>Hot Sauce</i>
SANDWICH OF THE DAY				
Italian Combo on Hoagie Roll <i>Side of Baked Fries w/ Ketchup</i> <i>Mayonnaise</i>	Turkey Ham & Cheese Croissant <i>Baby Carrots</i> <i>Mayonnaise</i>	Turkey & Cheese Sandwich on WG Hawaiian Roll <i>Baby Carrots</i> <i>Mayonnaise</i>	Soybutter & Jelly Sandwich <i>Fruitable Juice</i>	Chicken Salad Sandwich
ENTRÉE SALAD OF THE DAY				
	Mediterranean Chicken Salad <i>Original Popped Chips</i>	Mexican Chicken Salad <i>Tortilla Chips</i> <i>Hot Sauce</i>	Buffalo Chicken Salad <i>Wheat Crackers</i>	Chicken Taco Salad <i>Tortilla Chips</i>
FEATURED ENTRÉE OF THE DAY				
27	28	29	30	1
Beef Hot Dog Oven Baked Fries Ketchup	Chicken Tamale Mixed Vegetables	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i>	BBQ Beef Meatballs w/ Seasoned Potato Wedges Dinner Roll	Chicken Enchiladas w/ Red Sauce
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots 1/2 c</i>	<i>Tuscan White Bean Salad</i>	<i>Baby Carrots 1/4 c</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>Apple</i>
4	5	6	7	8
Beef Chili Cheese Fries <i>w/ Churro Chips</i>	Chicken Teriyaki w/ Chow Mein Noodles	Beef Meatloaf Mash & Gravy Dinner Roll	Chicken Burrito Bowl <i>Whole Grain Dessert</i>	Beef Meatball Sub Sandwich
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Pinto Bean Salad</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>Apple</i>
11	12	13	14	15
Chicken Patty Burger Oven Baked Fries Ketchup	Cheese Lasagna w/ Tomato Basil Sauce	Build Your Own Turkey Tacos w/ Refried Beans Tortillas	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Wedges <i>Syrup</i>	Mac & Cheese <i>Whole Grain Dessert</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Jicama & Bean Salad w/ Tajin Dressing</i>	<i>Baby Carrots</i>	<i>Kale & Green Apple Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>Apple</i>
18	19	20	21	22
Honey-Mustard Grilled Chicken Sandwich Oven Baked Fries w/ Ketchup	Turkey Chili <i>w/ Original Popped Chips</i>	Orange Chicken w/ "Not So Fried" Rice	Spaghetti & Beef Meatballs	Hamburger <i>BBQ Popped Chips</i> <i>Ketchup</i>
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Sweet Chickpea & Edamame Salad</i>	<i>Baby Carrots</i>	<i>Lettuce, Tomato & Pickle Kit</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>Apple</i>
25	26	27	28	29
Beef Hot Dog Oven Baked Fries Ketchup	Chicken Tamale Mixed Vegetables	Chicken Alfredo Pasta w/ Steamed Broccoli <i>Holiday Cookie</i>	BBQ Beef Meatballs w/ Seasoned Potato Wedges Dinner Roll	Chicken Enchiladas w/ Red Sauce
<i>Oven Baked Fries in Meal</i>	<i>Baby Carrots</i>	<i>Tuscan White Bean Salad</i>	<i>Baby Carrots</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>Apple</i>

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