

# October

## BREAKFAST – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/ mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• HOT french toast w/turkey sausage &amp; egg</li> <li>• yogurt w/ granola</li> <li>• cocoa critters cereal</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• HOT classic chicken sausage &amp; cheddar bagel sandwich</li> <li>• lemon muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• HOT turkey, pepper jack, &amp; cheese omelet gordita</li> <li>• blueberry burst bagel w/ cream cheese</li> <li>• cinnamon chex w/ zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">6</p>
NATIONAL SCHOOL LUNCH WEEK				
<ul style="list-style-type: none"> <li>• dipperdoodle bar</li> <li>• multigrain cheerios w/zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• HOT omelet w/cheese</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• HOT pancakes w/syrup</li> <li>• french toast muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• HOT breakfast burrito w/ egg &amp; cheese</li> <li>• whole wheat bagel w/ cream cheese</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> <li>• blueberry muffin</li> <li>• cinnamon chex w/ zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/ mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• HOT mini cheese omelet w/french toast sticks</li> <li>• yogurt w/ granola</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• HOT classic chicken sausage &amp; cheddar bagel sandwich</li> <li>• lemon muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• HOT cinnamon toast bagel</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• HOT turkey, pepper jack, &amp; cheese omelet gordita</li> <li>• blueberry burst bagel w/ cream cheese</li> <li>• cinnamon chex w/ zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>• dipperdoodle bar</li> <li>• multigrain cheerios w/ zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• HOT omelet w/cheese</li> <li>• cinnamon crumble</li> <li>• snow flurries cereal</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• HOT pancakes w/syrup</li> <li>• french toast muffin</li> <li>• honey buttons cereal</li> <li>• pineapple juice available</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• HOT panada pie w/eggs, cheese, &amp; green chilis</li> <li>• whole wheat bagel w/ cream cheese</li> <li>• cocoa critters cereal</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• HOT chicken sausage &amp; omelet gordita</li> <li>• blueberry muffin</li> <li>• cinnamon chex w/ zac attack strawberry bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>• zee zee berry apple crisp bar</li> <li>• cheerios w/ mini dipperdoodle bar</li> <li>• orange juice available</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• HOT french toast w/turkey sausage &amp; egg</li> <li>• yogurt w/ granola</li> <li>• coca critters cereal</li> </ul> <p style="text-align: right;">31</p>			

### what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



# October

## LUNCH – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>chicken potstickers (DF)</li> <li>might meaty deli sandwich</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mama's tamale (green chili and cheese )(VG)</li> <li>general tso's chicken (DF)</li> <li>chicken salad sandwich (DF)</li> <li>chilled green beans</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>cheeseburger</li> <li>cheese pizza (VG)</li> <li>southern bbq chicken sandwich</li> <li>santa fe chile chicken &amp; black bean wrap</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>fiesta scoops (VG)</li> <li>breakfast for lunch: pancakes w/omelet (VG)</li> <li>italian calzoni (VG)</li> <li>honey mustard chicken wrap</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>mac &amp; cheese w/chicken sausage</li> <li>chicken taco trio</li> <li>taco dippers kit (VG)</li> <li>edamame</li> <li>baby carrots w/ranch</li> </ul> <p style="text-align: right;"><b>6</b></p>
<ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>mac &amp; cheese w/chicken bites</li> <li>spicy chicken chorizo eggel</li> <li>garden ranch salad w/ chicken</li> <li>steamed carrots</li> </ul> <p style="text-align: right;"><b>9</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>cheesy ravioli (VG)</li> <li>turkey &amp; cheddar sandwich</li> <li>mama's tamale (red chili chicken) (DF)</li> <li>chilled green beans</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>southern bbq chicken sandwich</li> <li>hot dog (DF)</li> <li>cheese pizza (V)</li> <li>sunbutter &amp; jelly sandwich (VG)</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>firecracker chicken w/sesame noodles</li> <li>uncle ted's bbq chicken drumsticks w/ cheesy rice</li> <li>bbq chicken w/cheesy rice</li> <li>cheddar cheese sandwich (VG)</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>lone star bbq chicken sandwich</li> <li>pepper jack cheeseburger</li> <li>southwest veggie wrap (VG)</li> <li>pinto beans</li> <li>baby carrots w/ ranch</li> </ul> <p style="text-align: right;"><b>13</b></p>
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>chicken potstickers (DF)</li> <li>mighty meaty deli sandwich</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mama's tamale (green chili and cheese ) (VG)</li> <li>jerk drumstick w/ pineapple carrot rice</li> <li>chicken salad sandwich (DF)</li> <li>chilled green beans</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>cheeseburger</li> <li>cheese pizza (VG)</li> <li>southern bbq chicken sandwich</li> <li>santa fe chile chicken &amp; black bean wrap</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>fiesta scoops (VG)</li> <li>breakfast for lunch; pancakes w/omelet (VG)</li> <li>creamy tomato curry w/grilled chicken</li> <li>honey mustard chicken wrap</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>crispy chicken sandwich (DF)</li> <li>mac n cheese w/ chicken sausage</li> <li>chicken taco trio</li> <li>taco dippers kit (VG)</li> <li>diced carrots w/ ranch</li> </ul> <p style="text-align: right;"><b>20</b></p>
<ul style="list-style-type: none"> <li>cheese pizza panada pie (VG)</li> <li>mac &amp; cheese w/chicken bites</li> <li>spicy chicken chorizo and cheese eggel</li> <li>garden ranch salad w/ chicken</li> <li>steamed carrots</li> </ul> <p style="text-align: right;"><b>23</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>cheesy ravioli (VG)</li> <li>kickin chicken melt</li> <li>turkey &amp; cheddar sandwich</li> <li>chilled green beans</li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>southern bbq chicken sandwich</li> <li>hot dog (DF)</li> <li>cheese pizza (VG)</li> <li>sunbutter &amp; jelly sandwich (VG)</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>firecracker chicken w/sesame noodles</li> <li>chili citrus drumsticks w/ rice (DF)</li> <li>bbq chicken w/cheesy rice</li> <li>honey mustard chicken wrap</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>breakfast for lunch: pancakes w/ sausage</li> <li>lone star bbq chicken sandwich</li> <li>pepper jack cheeseburger</li> <li>southwest veggie wrap (VG)</li> <li>pinto beans</li> <li>diced carrots w/ ranch</li> </ul> <p style="text-align: right;"><b>27</b></p>
<ul style="list-style-type: none"> <li>chicken bites (DF)</li> <li>creamy pasta alfredo (VG)</li> <li>chicken potstickers (DF)</li> <li>mighty meaty deli sandwich</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>30</b></p>	<ul style="list-style-type: none"> <li>hot dog (DF)</li> <li>mama's tamale (green chili and cheese )(VG)</li> <li>general tso's chicken (DF)</li> <li>chicken salad sandwich (DF)</li> <li>chilled green beans</li> </ul> <p style="text-align: right;"><b>31</b></p>			

celebrate national school lunch week!

October 9-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

*Stop by the lunchroom and try something new!*

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day

