

October

LUNCH – K-12

revolution foods.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots 2	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans 3	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) 4	<ul style="list-style-type: none"> • fiesta scoops (VG) ○ broccoli 5	
N A T I O N A L S C H O O L L U N C H W E E K <ul style="list-style-type: none"> • mac & cheese w/chicken bites • cheese pizza panada pie (VG) ○ steamed carrots 9	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ chilled green beans 10	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) 11	<ul style="list-style-type: none"> • firecracker chicken w/sesame noodles • cheddar cheese sandwich (VG) ○ broccoli 12	
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots 16	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans 17	Fall Break	Fall Break	Fall Break
<ul style="list-style-type: none"> • mac & cheese w/chicken bites • cheese pizza panada pie (VG) ○ steamed carrots 23	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ chilled green beans 24	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) 25	<ul style="list-style-type: none"> • firecracker chicken w/sesame noodles • cheddar cheese sub sandwich (VG) ○ Broccoli 26	
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots 30	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans 31			

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.

○ Vegetable of the day



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BREAKFAST – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> zee zee berry apple crisp bar 	<ul style="list-style-type: none"> cocoa critters cereal 	<ul style="list-style-type: none"> lemon muffin 	<ul style="list-style-type: none"> cinnamon crumble 	<ul style="list-style-type: none"> blueberry burst bagel w/ cream cheese
2	3	4	5	6
N A T I O N A L S C H O O L L U N C H W E E K				
<ul style="list-style-type: none"> dipperdoodle bar 	<ul style="list-style-type: none"> snow flurries cereal 	<ul style="list-style-type: none"> french toast muffin 	<ul style="list-style-type: none"> coca critters cereal 	<ul style="list-style-type: none"> blueberry muffin
9	10	11	12	13
<ul style="list-style-type: none"> zee zee berry apple crisp bar 	<ul style="list-style-type: none"> yogurt w/ granola 	FALL BREAK	FALL BREAK	FALL BREAK
16	17	18	19	20
<ul style="list-style-type: none"> dipperdoodle bar 	<ul style="list-style-type: none"> snow flurries cereal 	<ul style="list-style-type: none"> french toast muffin 	<ul style="list-style-type: none"> whole wheat bagel w/ cream cheese 	<ul style="list-style-type: none"> blueberry muffin
23	24	25	26	27
<ul style="list-style-type: none"> zee zee berry apple crisp bar 	<ul style="list-style-type: none"> coca critters cereal 			
30	31			

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.

○ Vegetable of the day

