

October

LUNCH – K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots <p>2</p>	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans <p>3</p>	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) <p>4</p>	<ul style="list-style-type: none"> • fiesta scoops (VG) ○ broccoli <p>5</p>	<p>6</p>
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 <p>9</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ chilled green beans <p>10</p>	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) <p>11</p>	<ul style="list-style-type: none"> • firecracker chicken w/sesame noodles • cheddar cheese sandwich (VG) ○ broccoli <p>12</p>	<p>13</p>
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots <p>16</p>	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans <p>17</p>	<p>Fall Break</p> <p>18</p>	<p>Fall Break</p> <p>19</p>	<p>Fall Break</p> <p>20</p>
<ul style="list-style-type: none"> • mac & cheese w/chicken bites • cheese pizza panada pie (VG) ○ steamed carrots <p>23</p>	<ul style="list-style-type: none"> • cheesy ravioli (VG) ○ chilled green beans <p>24</p>	<ul style="list-style-type: none"> • Papa John's Cheese Pizza (VG) <p>25</p>	<ul style="list-style-type: none"> • firecracker chicken w/sesame noodles • cheddar cheese sub sandwich (VG) ○ Broccoli <p>26</p>	<p>27</p>
<ul style="list-style-type: none"> • chicken bites (DF) • creamy pasta alfredo (VG) ○ glazed carrots <p>30</p>	<ul style="list-style-type: none"> • hot dog (DF) • mama's tamale (green chili and cheese)(VG) ○ chilled green beans <p>31</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.

○ Vegetable of the day



October

BREAKFAST – K-12

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

