

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Cheerios & mini dippers 1 • Chili citrus drumstick & rice • Rainbow veggie pizza (v) • Chicken salad sandwich ○ Steamed Corn 	<ul style="list-style-type: none"> • Zee zees berry apple bar 2 • Turkey & cheese flatbread • Creamy chicken alfredo • Sunbutter and Jelly (v) ○ Celery sticks 	<ul style="list-style-type: none"> • Apple Cinnamon muffin 3 • Hamburger • Veggie chili (v) • BBQ chicken wrap ○ Garbanzo beans/baby carrots 	<ul style="list-style-type: none"> • Banana muffin 4 • Chicken taco trio • BBQ chicken sandwich • Veggie chef's salad (v) ○ Lettuce & tomatoes w/ranch 	<ul style="list-style-type: none"> • Strawberry breakfast bar 5 • Chicken potstickers • Cheese pizza (v) • Egg salad sandwich (v) ○ Sweet potatoes
<p>8</p> <p>NO SCHOOL</p>	<ul style="list-style-type: none"> • Cinnamon Chex 9 • Pancakes & omelet (v) • Chicken teriyaki • Garden salad with chicken ○ Glazed carrots 	<ul style="list-style-type: none"> • Blueberry Muffin 10 • Roasted chicken sandwich • Hot dog • Veggie chef's salad (v) ○ Pinto beans/grape tomatoes 	<ul style="list-style-type: none"> • Turkey & Cheddar Brekwich 11 • Cheese enchiladas (v) • Chicken bites • Buffalo chicken wrap ○ Broccoli & carrot salad 	<ul style="list-style-type: none"> • French Toast muffin 12 • Tomato chicken curry • Spaghetti & meatballs • Taco dippers (v) • Cucumber & tomato salad
<ul style="list-style-type: none"> • Vanilla cinnamon cereal 15 • Chicken gumbo & cornbread • Mongolian beef • Cheese sandwich (v) ○ Green beans 	<ul style="list-style-type: none"> • Banana muffin 16 • BBQ beef flatbread melt • Mac & cheese/chicken bites • Egg salad sandwich (v) ○ Sweet potatoes 	<ul style="list-style-type: none"> • Apple Cinnamon muffin 17 • Grilled chicken bites • Fiesta scoops & dip • Hummus dippers (v) ○ Edamame/baby carrots 	<ul style="list-style-type: none"> • Breakfast enchiladas 18 • Bean & cheese pupusa (v) • Cheeseburger • Chicken Caesar salad ○ Lettuce & tomatoes w/ranch 	<ul style="list-style-type: none"> • Cinnamon crumble 19 • Kung pao chicken • Spicy popcorn chicken sandwich • Southwest veggie wrap (v) ○ Chili citrus corn
<ul style="list-style-type: none"> • Cheerios & apple bar 22 • Hot dog • "Cheesesteak" calzoni (v) • Chicken salad sandwich ○ Steamed corn 	<ul style="list-style-type: none"> • French toast & sausage 23 • Kickin' chicken melt • BBQ chicken drumstick • Cheese sandwich (v) ○ Sweet potatoes 	<ul style="list-style-type: none"> • Apple crisp cereal 24 • Creamy chicken alfredo • BBQ "beef" calzoni (v) • Egg salad sandwich (v) ○ Garbanzo beans/tomatoes 	<ul style="list-style-type: none"> • Blueberry muffin 25 • BBQ chicken w/cheesy rice • Pepperjack cheeseburger • Veggie taco salad (v) ○ Lettuce & tomatoes w/ranch 	<p>26</p> <p>No Lunch Noon Dismissal for Students</p>
<ul style="list-style-type: none"> • Cheerios & mini dippers 29 • Jerk chicken drumstick • Rainbow veggie pizza (v) • Sunbutter and jelly(v) ○ Steamed corn 	<ul style="list-style-type: none"> • Cheese omelet 30 • Hamburger • Hearty veggie chili (v) • Chillin' Chinese chicken noodles ○ Green beans 	<ul style="list-style-type: none"> • Blueberry cereal 31 • Pasta with zesty beef • Chicken bites • Egg salad sandwich (v) ○ Three bean salad/baby carrots 		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



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