

# October Breakfast Menu



## Monday

**3** Strawberry Banana  
Yogurt  
Dippable Graham Snacks  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**10** Cinnamon Cream  
Cheese Filled Bagel  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**17** No School

**24** Strawberry Banana  
Yogurt  
Dippable Graham Snacks  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**31** Cinnamon Cream  
Cheese Filled Bagel  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

## Tuesday

**4** Mini Donut  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**11** Cinnamon Roll  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**18** Cinnamon Crisps  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**25** Mini Donut  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

## Wednesday

**5** Trix Cereal Bar  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**12** Oatmeal Snack Bar  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**19** Plain Bagel  
Cream Cheese  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**26** Trix Cereal Bar  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

## Thursday

**6** Apple Frudel  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**13** Choice of Cereal  
Graham Crackers  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**20** Strawberry Pop Tart  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**27** Apple Frudel  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

## Friday

**7** Blueberry Muffin  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**14** Banana Chocolate Loaf  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**21** Mini-Cinnis  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk

**28** Blueberry Muffin  
Cheese Stick  
Vegetable Selection  
Fruit or Juice Selection  
1% Milk



# October Lunch Menu



## Monday

**3** Hamburger on a Bun  
 Golden French Fries  
 Romaine Lettuce  
 Canned Fruit Bar  
 1% Milk

**10** Build Your Own Hot Dog  
 Cucumber Ranch Salad  
 Celery Sticks  
 Canned Fruit Bar  
 1% Milk

**17** No School

**24** Pancakes  
 Easy Egg Bake  
 Breakfast Potatoes  
 Celery Sticks  
 Canned Fruit Bar  
 1% Milk

**31** Parmesan Chicken Bites, Buttered Noodles  
 California Blend Vegetable  
 Celery Sticks  
 Fresh Fruit Bar  
 1% Milk

## Tuesday

**4** Nacho Choice  
 Refried Beans  
 Romaine Lettuce  
 Salsa  
 Canned Fruit Bar  
 1% Milk

**11** Quesadilla Choice  
 Spicy Pinto Beans  
 Romaine Lettuce  
 Salsa  
 Fresh Fruit Bar, 1% Milk

**18** Pasta with Meat Sauce  
 Roasted Cauliflower  
 Caesar Side Salad  
 Canned Fruit Bar  
 1% Milk

**25** Taco Choice  
 Black Beans  
 LCR Lettuce  
 Salsa  
 Fresh Fruit Bar  
 1% Milk

## Wednesday

**5** BBQ Pulled Pork Sandwich  
 Steamed Green Beans  
 Coleslaw  
 Canned Fruit Bar, 1% Milk,  
 Chocolate Chip Cookie

**12** Choice of Breakfast Sandwich  
 Sweet Potato Fries  
 Cucumber Slices  
 Fresh Fruit Bar, 1% Milk  
 Rice Krispie Treat

**19** Grilled Cheese Sandwich  
 Homemade Tomato Soup  
 Steamed Peas  
 Cucumber Slices  
 Fresh Fruit Bar, 1% Milk,  
 Chocolate Cherry Brownie

**26** BBQ Chicken Sandwich  
 Roasted Broccoli  
 Warm Potato Salad with Mustard  
 Canned Fruit Bar  
 1% Milk

## Thursday

**6** Crispy Chicken Tenders  
 Whole Grain Dinner Roll  
 Steamed Corn  
 Baby Carrots  
 Fresh Fruit Bar  
 1% Milk

**13** Popcorn Chicken  
 Mashed Potatoes  
 Steamed Corn  
 Fresh Apple  
 Canned Fruit Bar  
 1% Milk

**20** Flatbread Choice  
 Glazed Carrots  
 Broccoli Salad  
 Fresh Fruit Bar  
 1% Milk

**27** Italian Stromboli  
 Steamed Green Beans  
 Baby Carrots  
 Fresh Fruit Bar  
 1% Milk

## Friday

**7** Pepperoni Pizza  
 Roasted Broccoli  
 Cherry Tomato  
 Canned Fruit Bar  
 1% Milk

**14** Cheesy Italian Flatbread  
 Garlic & Herb Broccoli  
 Red/Orange Bell Pepper  
 Canned Fruit Bar  
 1% Milk

**21** Build Your Own Tator Tot Bowl, Cinnamon Roll  
 Green Beans, Baby Carrots,  
 Fresh Fruit Bar  
 1% Milk  
 Homemade Brownie

**28** Stir Fry Choice  
 Brown Rice  
 Stir Fry Vegetable  
 Red/Orange Bell Pepper  
 Canned Fruit Bar  
 1% Milk

