

Monday	Tuesday	Wednesday	Thursday	Friday
	WG Nacho Chips 1 Seasoned Beef or Fajita Chicken Cheddar Cheese Brown Rice Refried Beans Salsa & Lettuce Strawberries & 100% Juice	Pancakes or French Toast Sticks 2 Hash Brown Cinnamon Carrots Chicken Sausage or Bacon Egg Patty Sliced Melon & 100% Juice	Popcorn Chicken 3 Mashed Potatoes Corn Gravy Dinner Roll Strawberries & 100% Juice	Homemade Pizza 4 Sweet Potato Fries Cucumber Dippers Fresh Blueberries with Whipped Topping 100% Juice
Waffle Cut Fries 7 3-Bean Chili & Cheese Seasoned Broccoli Dinner Roll Fruit Cocktail 100% Juice	WW Tortilla 8 Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Salsa & Lettuce Orange Wedges & 100% Juice	Spicy Chicken & Waffles 9 Hash Brown Patty Cinnamon Carrots Fresh Strawberries 100% Juice	Cherry Blossom or Firecracker Chicken 10 Oriental Blend Vegetables Steamed Peas & Carrots Honeydew & Cantaloupe Slices 100% Juice	French Bread Pizza 11 Sweet Potato Fries Cucumber Dippers Apples 100% Juice
14 Columbus Day No School	WG Nacho Chips 15 Seasoned Beef or Fajita Chicken Cheddar Cheese Brown Rice Refried Beans Salsa & Lettuce Strawberries & 100% Juice	Cheese Bites 16 Marinara Sauce Garlic Knot Seasoned Broccoli Fruit Cocktail 100% Juice	Boneless Wings 17 Garlic Knot Roasted Ranch Potato Wedges Carrots & Celery Sticks Fresh Berry Cups 100% Juice	Homemade Pizza 18 Sweet Potato Fries Cucumber Dippers Fresh Blueberries with Whipped Topping 100% Juice
Italian Combo 21 California Blend Vegetables Crisp Romaine Salad Garlic & Herb Breadstick Fruit Cocktail 100% Juice	WW Tortilla 22 Seasoned Beef or Fajita Chicken Cheddar Cheese Sauce Brown Rice Refried Beans Salsa & Lettuce Orange Wedges & 100% Juice	Pancakes or French Toast Sticks 23 Hash Brown Cinnamon Carrots Chicken Sausage or Bacon Egg Patty Sliced Melon & 100% Juice	Popcorn Chicken 24 Mashed Potatoes Corn Gravy Dinner Roll Strawberries & 100% Juice	French Bread Pizza 25 Sweet Potato Fries Cucumber Dippers Apple Grin Slices 100% Juice
Waffle Cut Fries 28 3-Bean Chili & Cheese Seasoned Broccoli Dinner Roll Fruit Cocktail 100% Juice	WG Nacho Chips 29 Seasoned Beef or Fajita Chicken Cheddar Cheese Brown Rice Refried Beans Salsa & Lettuce Strawberries & 100% Juice	Spicy Chicken & Waffles 30 Hash Brown Patty Cinnamon Carrots Fresh Strawberries 100% Juice	Cackling Chicken Tenders 31 Tasty Tater Toes Rattling Roll Ghoulish Green Beans Scary Strawberries Jarring Juice	

- All meals include a minimum of 2 oz protein, 2 oz whole grains, 1 cup fruit, 1 cup vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Alternate Options: Hot or Cold Grinders, Pasta, Pizza, Chef Salad
- Menu subject to change as needed.
- WG=Whole Grain, WW=Whole Wheat
- This institution is an equal opportunity provider