

OCTOBER

WHAT'S IN SEASON THIS MONTH?

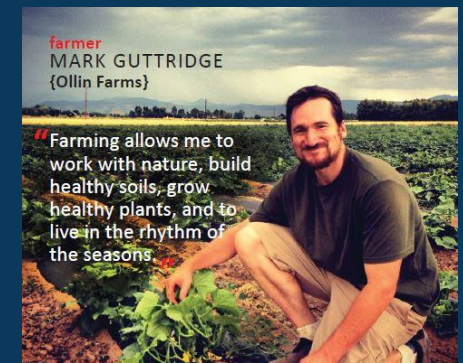
Look for locally sourced peppers, cauliflower, cherry tomatoes and Western Slope Apples.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29 Chex Cereal	30 Blueberry or Apple Muffin Cheese Stick	1 Cinnamon or Strawberry Bar	2 Breakfast Burritos
5	6 Blueberry or Apple Muffin Cheese Stick	7 Chex Cereal Yogurt	8 Breakfast Burritos	9 Cinnamon or Strawberry Bar Yogurt
12	13 Chex Cereal Yogurt	14 Blueberry or Apple Muffin Cheese Stick	15 Cinnamon or Strawberry Bar Yogurt	16 Breakfast Burritos
19	20 Blueberry Muffin Cheese Stick	21 Chex Cereal	22 Granola or Chex, availability depending	23 Cinnamon or Strawberry Bar
26	27 Chex Cereal	28 Blueberry or Apple Muffin Cheese Stick	29 Cinnamon or Strawberry Bar	30 Granola or Chex, availability depending



Artwork by Jia Grippo at Manhattan Middle School

Local farmer partner:



All meals come with 1% milk as well as a rotating selection of fresh fruits

This institution is an equal opportunity provider

NOVEMBER

WHAT'S IN SEASON THIS MONTH?

Look for local carrots, potatoes, and Western Slope apples as part of our November menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Blueberry or Apple Muffin Cheese Stick	4 Chex Cereal	5 Granola or Chex, availability depending	6 Cinnamon or Strawberry Bar
9	10 Chex Cereal	11	12 Cinnamon Bar	13 Bagel with Cream Cheese
16	17 Blueberry Muffin Cheese Stick	18 Granola or Chex, availability depending	19 Strawberry Bar	20 Bagel with Cream Cheese
23	24	25	26	27
30				



Artwork by Pioneer Elementary School student

Local farmer partner:



BOULDER VALLEY
SCHOOL DISTRICT

All meals come with 1% milk as well as a rotating selection of fresh vegetables & fruits

This institution is an equal opportunity provider

DECEMBER

WHAT'S IN SEASON THIS MONTH?

Look for local Beets, Radishes, Carrots, and Western Slope apples in our December meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1 Chex Cereal	2 Apple Muffin Cheese Stick	3 Cinnamon Bar	4 Bagel with Cream Cheese
7	8 Blueberry Muffin Cheese Stick	9 Granola or Chex, availability depending	10 Strawberry Bar	11 Bagel with Cream Cheese
14	15 Chex Cereal	16 Apple Muffin Cheese Stick	17 Cinnamon Bar	18 Bagel with Cream Cheese
21	22	23	24	25
28	29	30	31	1



Artwork by Columbine Elementary School student

Local farmer partner:



BOULDER VALLEY
SCHOOL DISTRICT

All meals come with 1% milk as well as a rotating selection of fresh vegetables & fruits

This institution is an equal opportunity provider