

# Peninsula School District October 2021



**EVERYDAY CHOICES**  
Turkey and Ham Sub  
Chef and Caesar Salad w/Roll  
Daily Specials

*All sandwiches served on WW Sub Rolls, with chips and a trip through the Thrive Garden Bar. Vegetarian options offered daily.* **V**

				1 Sloppy Joe w/Fries
4 Bean and Cheese Burrito w/Aztec Corn	5 Chicken Alfredo	6 Chili Dog	7 Turkey Gravy w/Mashed Potoates and Roll	8 Fish and Chips\
11 Tot'chos	12 Chicken Drum stick w/Mashed Potato and roll	13 Orange Chicken w/Rice	14 Spaghetti w/Meat Sauce	15 Chicken N Waffles
18 Chicken Teriyaki w/rice	19 Brunch for Lunch Pancakes and sausage	20 BBQ chicken Sandwich	21 Baked Penne Pasta	22 Nacho's
25 Half Day Pizza and Chicken Patty Sandwich	26 Half Day Corn Dog and Cheeseburger	27 Half Day Pizza and Hotdog	28 Half Day Chicken Patty and Deli Sandwich	29 Half Day Pizza and Corndog

**THRIVE**  
**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**  
Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety  
Locally Grown items are offered whenever seasonally available  
Low Fat or Fat Free Milk included with all meals  
**SP V**

**REVOLVE**  
*Great Variety & Healthy Choices - All meals include a trip through the Thrive Garden Bar* **V**  
This Month's Featured Formats:

**FIESTA** **CHOPSTICKS** **REMIX** **NOODLES**

**HONOR ROLL**  
**EVERYDAY CHOICES**  
Flame Broiled Beef Patty, Chicken & Daily Specials **V**  
*All sandwiches served on WW buns, with Fries, & a trip through the Thrive Garden Bar. Vegetarian options offered daily.*

**UPPER CRUST**  
**EVERYDAY CHOICES** **V**  
Vegetarian, Pepperoni & Daily Special Pizzas. Include a trip through the Thrive Garden Bar.  
*All pizzas feature low fat cheese, & whole grain crusts.*

**V** Vegetarian **We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.**  
**SP** Smart Pick

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

**Peninsula School District**  
**October 2021**  
**Middle school Breakfast**

				1 Cinnamon Roll
4 Mini Pancake bites	5 Fruit and Yogurt Parfait	6 Breakfast Pizza	7 Breakfast Burrito	8 Cinnamon Roll
11 Pancake Bites	12 Apple Frudel	13 Breakfast Pizza	14 Pancakes	15 Breakfast on Stick
18 Breakfast Pizza	19 Pancake Bites	20 Fruit and Yogurt Parfait	21 Breakfast Sandwich	22 French Toast Sticks
25 Waffles	26 Breakfast Sandwich	27 Ham and Cheese Breakfast wrap	28 Pancake on a Stick	29 Breakfast on a stick



Daily Offering's  
 Bagel and Cream Cheese  
 Cereal w/toast  
 Muffins w/Cheese stick  
 Breakfast Sandwich  
 Donut's



**Vegetarian**



**Smart Pick**

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