



OCTOBER 2022 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A 4oz YOGURT CUP, STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
3 PERSONAL PIZZA VEGGIES	4 CRISPY CHICKEN SANDWICH SUN CHIPS VEGGIES	5 CHEESEBURGER OVEN FRIES BAKED BEANS	6 BAKED POTATO BAR W/ FIXINGS DINNER ROLL	7 HOT ITALIAN SUB CURLY FRIES VEGGIES
10 CHICKEN NUGGETS MAC & CHEESE GARLIC BREADSTICK VEGGIES	11 SALISBURY STEAK MASHED POTATOES GRAVY VEGGIES DINNER ROLL	12 DELI SUB SANDWICH SUN CHIPS VEGGIES SIDEKICK SLUSHIE	13 LASAGNA ROLL UPS GARLIC BREADSTICK VEGGIES	14 NACHOS FIESTA BEANS CORN MUFFIN VEGGIES
17 STUFFED CRUST PIZZA VEGGIES	18 MEATBALL SUB TATER TOTS VEGGIES	19 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET	20 PULLED PORK SANDWICH BAKED BEANS CORN MUFFIN	21 CHICKEN PARMESAN GARLIC TOAST VEGGIES
24 FRENCH BREAD PIZZA MARINARA SAUCE VEGGIES	25 HOT HAM & CHEESE SMILEY FRIES VEGGIES	26 CHICKEN TENDERS AU GRATIN POTATOES VEGGIES	27 GRILLED CHEESE TOMATO SOUP VEGGIES COOKIE	28 QUESADILLA RICE VEGGIES
31 NO SCHOOL				



OCTOBER 2022 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
3 PERSONAL PIZZA VEGGIES	4 CRISPY CHICKEN SANDWICH SUN CHIPS VEGGIES	5 CHEESEBURGER OVEN FRIES BAKED BEANS	6 BAKED POTATO BAR W/ FIXINGS DINNER ROLL	7 HOT ITALIAN SUB CURLY FRIES VEGGIES
10 CHICKEN NUGGETS MAC & CHEESE GARLIC BREADSTICK VEGGIES	11 SALISBURY STEAK MASHED POTATOES GRAVY VEGGIES DINNER ROLL	12 ORANGE CHICKEN SEASONED RICE VEGGIES SIDEKICK SLUSHIE	13 LASAGNA ROLL UPS GARLIC BREADSTICK VEGGIES	14 NACHOS FIESTA BEANS CORN MUFFIN VEGGIES
17 STUFFED CRUST PIZZA VEGGIES	18 MEATBALL SUB TATER TOTS VEGGIES	19 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET	20 PULLED PORK SANDWICH BAKED BEANS CORN MUFFIN	21 CHICKEN PARMESAN GARLIC TOAST VEGGIES
24 FRENCH BREAD PIZZA MARINARA SAUCE VEGGIES	25 HOT HAM & CHEESE SMILEY FRIES VEGGIES	26 CHICKEN TENDERS AU GRATIN POTATOES VEGGIES	27 GRILLED CHEESE TOMATO SOUP VEGGIES COOKIE	28 QUESADILLA RICE VEGGIES
31 NO SCHOOL				



OCTOBER 2022 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
3 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	4 POWER BITES TOAST FRUIT & JUICE MILK	5 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	6 PANCAKE ON A STICK FRUIT & JUICE MILK	7 MINI DONUTS FRUIT & JUICE MILK
10 CINNAMINI FRUIT & JUICE MILK	11 PIZZA FRUIT & JUICE MILK	12 BREAKFAST SANDWICH FRUIT & JUICE MILK	13 COMBO BAR TOAST FRUIT & JUICE MILK	14 FRENCH TOAST FRUIT & JUICE MILK
17 APPLE OR CHERRY FRUDEL FRUIT & JUICE MILK	18 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	19 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	20 PANCAKE & SAUSAGE MINI BITES FRUIT & JUICE MILK	21 CINNAMON ROLLS FRUIT & JUICE MILK
24 MINI WAFFLES FRUIT & JUICE MILK	25 BREAKFAST BURRITO FRUIT & JUICE MILK	26 BREAKFAST SANDWICH FRUIT & JUICE MILK	27 COMBO BAR TOAST FRUIT & JUICE MILK	28 APPLE FILLED DONUT FRUIT & JUICE MILK
31 NO SCHOOL				



OCTOBER 2022 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED CEREALS, TOAST, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
3 CEREAL BAR FRUIT & JUICE MILK	4 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	5 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	6 PANCAKE ON A STICK FRUIT & JUICE MILK	7 MINI DONUTS FRUIT & JUICE MILK
10 YOGURT PARFAIT FRUIT & JUICE MILK	11 PIZZA FRUIT & JUICE MILK	12 MINI WAFFLES FRUIT & JUICE MILK	13 COMBO BAR TOAST FRUIT & JUICE MILK	14 FRENCH TOAST FRUIT & JUICE MILK
17 POP TART FRUIT & JUICE MILK	18 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	19 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	20 PANCAKE & SAUSAGE MINI BITES FRUIT & JUICE MILK	21 CINNAMON ROLLS FRUIT & JUICE MILK
24 PB&J UNCRUSTABLE FRUIT & JUICE MILK	25 BREAKFAST BURRITO FRUIT & JUICE MILK	26 APPLE OR CHERRY FRUDEL FRUIT & JUICE MILK	27 CINNAMINI FRUIT & JUICE MILK	28 APPLE FILLED DONUT FRUIT & JUICE MILK
31 NO SCHOOL				