

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



Families who think they may qualify for free or reduced priced meals are encouraged to apply www.schoolcafe.com

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

Student Breakfast:
\$1.50
Adult Breakfast:
\$3.10

MONDAY

3 French Toast
100% fruit juice
Low-Fat White Milk

10 Staff Development

17 French Toast
100% fruit juice
Low-Fat White Milk

24 French Toast
100% fruit juice
Low-Fat White Milk

31 French Toast
100% fruit juice
Low-Fat White Milk

TUESDAY

4 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

11 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

18 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

25 Whole Grain Cereal
100% fruit juice
Low-Fat White Milk

Our unit breakfast consists of all 3 food components placed on the student's tray.

WEDNESDAY

5 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

12 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

19 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

26 Mini-Pancakes
Fresh Fruit
Low-Fat White Milk

Food Components:
Whole Grain
Fruits
Milk

THURSDAY

6 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

13 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

20 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

27 Biscuit & Sausage
100% fruit juice
Low-Fat White Milk

All breakfast cereals and pastries contain at least 51% whole grain.

FRIDAY

7 Staff Development

14 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

21 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

28 Whole Grain Cereal
Chilled Fruit
Low-Fat White Milk

1% White Milk is provided daily.



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All 5 food components must be on the tray unless supported by a documented medical or disability need.

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Student Lunch:
\$2.75
Adult Lunch:
\$4.60

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Chicken Bites
Vegetables, Fruit
Milk

4
Taco Tuesday
Vegetables, Fruit
Milk

5 Breakfast for Lunch!
Pancakes with
Scrambled Eggs
Hash Brown, Fruit
Milk

6
Mac & Cheese
Vegetables, Fruit
Milk

7 Staff Development

10 Staff Development

11
Taco Tuesday
Vegetables, Fruit
Milk

12
Cheesy Breadsticks
Vegetables, Fruit
Milk

13
Steak Fingers
Vegetables, Fruits
Dinner Roll & Milk

14
Cheeseburger
Vegetables, Fruit
Milk

17
Chicken Bites
Vegetables, Fruit
Milk

18
Taco Tuesday
Vegetables, Fruit
Milk

19
Fish Sticks
Vegetables, Fruit
Brown Rice & Milk

20
Mac & Cheese
Vegetables, Fruit
Milk

21
Cheeseburger
Vegetables, Fruit
Milk

24
Pizza
Vegetables, Fruit
Milk

25
Taco Tuesday
Vegetables, Fruit
Milk

26
Cheesy Breadsticks
Vegetables, Fruit
Milk

27
Steak Fingers
Vegetables, Fruit
Dinner Roll & Milk

28
Cheeseburger
Vegetables, Fruit
Milk

31
Chicken Bites
Vegetables, Fruit
Milk

Our unit lunch consists of all 5 food components placed on the student's tray

Food Components:
Meat/Meat Alternate
Whole Grain
Fruits
Vegetables
Milk

All lunch rolls, tortillas, rice, pastas and other bread items contain at least 51% whole grain.

1% White Milk offered daily.

