

# October 2023

## Breakfast Menu

### Cafeteria and Grab & Go Cart - Jane Addams & Will Rogers

MON	TUES	WED	THURS	FRI
Double Chocolate Chip Muffin (v) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Orange Juice 8 oz NF or 1% White Milk	Concha (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Sliced Peaches 8 oz NF or 1% White Milk	French Toast Sticks with Glazed Peaches (p) Variety Cereal with Crackers (v) Seasonal Fruit: Two Options Applesauce Cup 8 oz NF or 1% White Milk	Honeywheat Breakfast Bar (v) Variety Cereal with Sunflower Seeds (v) Seasonal Fruit: Two Options Dried Cranberries 8 oz NF or 1% White Milk	Pancake Squares with Sausage Variety Cereal with Crackers (v) Seasonal Fruit: Two Options 100% Apple Juice 8 oz NF or 1% White Milk

(v)= Vegetarian  
(p) = Contains Pork

10/12 & 10/26 HOTM Asian Pears Served for Breakfast.

This institution is an equal opportunity provider.

# October 2023

## Lunch Menu

### Cafeteria - Jane Addams & Will Rogers

MON		TUES		WED		THURS		FRI		
						<b>Minimum Day</b>				
2		3		4		5		6		
Grass Fed Beef Hamburger	Chicken Drumstick & Waffle	Tamale: Chicken & Red Sauce + String Cheese + Beans	Chicken Sandwich (Regular or Spicy)	Pepperoni Pizza						
Mandarin Orange Chicken Bowl w/ Broccoli	Bean & Cheese Pupusa with Curtido (v)	Mozzarella Stuffed Breadsticks with Marinara Sauce (v)	Teriyaki Chicken Dumplings w/ Veggies	Tex Mex Chili with Tortilla Chips						
Chipotle Black Bean Burger (v)	Seasonal Fresh Fruit: Two Options	Seasonal Fresh Fruit: Two Options	Bean & Cheese Burrito (v)	Cheese Pizza (v)						
Seasonal Fresh Fruit: Two Options	Cucumbers with Tajin, Jalapeño	Jicama w/ Tajin, Spicy Nacho Chickpeas	Seasonal Fresh Fruit	Mixed Fruit & Seasonal Fresh Fruit						
Corn, Pickles, Jalapeño, Baby Carrots w/	Garden Fresh Tossed Salad (v)	Shredded Lettuce & Cheese (v)	Baby Carrots with Ranch	Baby Carrots w/ Ranch, Jalapeño						
Shredded Lettuce & Cheese (v)	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate	Shredded Lettuce & Cheese	Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese						
8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate						
9		10		11		12		13		
Grass Fed Beef Hamburger	Chicken Drumstick & Waffle	Tamale: Chicken & Red Sauce + String Cheese + Beans	Chicken Sandwich (Regular or Spicy)	<b>Parent/Teacher Conferences</b> *School not in session*						
Mandarin Orange Chicken Bowl w/ Broccoli	Bean & Cheese Pupusa with Curtido (v)	Mozzarella Stuffed Breadsticks with Marinara Sauce (v)	Teriyaki Chicken Dumplings w/ Veggies							
Chipotle Black Bean Burger (v)	Seasonal Fresh Fruit: Two Options	<b>HOTM: Asian Pears</b> or Seasonal Fresh Fruit	Bean & Cheese Burrito (v)							
Seasonal Fresh Fruit: Two Options	Cucumbers with Tajin, Jalapeño	Jicama w/ Tajin, Spicy Nacho Chickpeas	Seasonal Fresh Fruit: Two Options							
Corn, Pickles, Jalapeño, Baby Carrots w/	Garden Fresh Tossed Salad (v)	Shredded Lettuce & Cheese (v)	Baby Carrots with Ranch							
Shredded Lettuce & Cheese (v)	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate	Shredded Lettuce & Cheese							
8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk or NF Chocolate							
16		17		18		19		20		
Grass Fed Beef Hamburger	Chicken Drumstick & Waffle	Tamale: Chicken & Red Sauce + String Cheese + Beans	Chicken Sandwich (Regular or Spicy)	Pepperoni Pizza						
Mandarin Orange Chicken Bowl w/ Broccoli	Bean & Cheese Pupusa with Curtido (v)	Mozzarella Stuffed Breadsticks with Marinara Sauce (v)	Teriyaki Chicken Dumplings w/ Veggies	Tex Mex Chili with Tortilla Chips						
Chipotle Black Bean Burger (v)	Seasonal Fresh Fruit: Two Options	Seasonal Fresh Fruit: Two Options	Bean & Cheese Burrito (v)	Cheese Pizza (v)						
Seasonal Fresh Fruit: Two Options	Cucumbers with Tajin, Jalapeño	Jicama w/ Tajin, Spicy Nacho Chickpeas	Seasonal Fresh Fruit	Mixed Fruit & Seasonal Fresh Fruit						
Corn, Pickles, Jalapeño, Baby Carrots w/	Garden Fresh Tossed Salad (v)	Shredded Lettuce & Cheese (v)	Baby Carrots with Ranch	Baby Carrots w/ Ranch, Jalapeño						
Shredded Lettuce & Cheese (v)	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate	Shredded Lettuce & Cheese	Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese						
8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate						
23		24		25		26		27		
Grass Fed Beef Hamburger	Chicken Drumstick & Waffle	Tamale: Chicken & Red Sauce + String Cheese + Beans	Chicken Sandwich (Regular or Spicy)	Pepperoni Pizza						
Mandarin Orange Chicken Bowl w/ Broccoli	Bean & Cheese Pupusa with Curtido (v)	Mozzarella Stuffed Breadsticks with Marinara Sauce (v)	Teriyaki Chicken Dumplings w/ Veggies	Tex Mex Chili with Tortilla Chips						
Chipotle Black Bean Burger (v)	Seasonal Fresh Fruit: Two Options	<b>HOTM: Asian Pears</b> or Seasonal Fresh Fruit	Bean & Cheese Burrito (v)	Cheese Pizza (v)						
Seasonal Fresh Fruit: Two Options	Cucumbers with Tajin, Jalapeño	Jicama w/ Tajin, Spicy Nacho Chickpeas	Seasonal Fresh Fruit	Mixed Fruit & Seasonal Fresh Fruit						
Corn, Pickles, Jalapeño, Baby Carrots w/	Garden Fresh Tossed Salad (v)	Shredded Lettuce & Cheese (v)	Baby Carrots with Ranch	Baby Carrots w/ Ranch, Jalapeño						
Shredded Lettuce & Cheese (v)	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate	Shredded Lettuce & Cheese	Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese						
8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate						
30		31		11/1		11/2		11/3		
Grass Fed Beef Hamburger	Chicken Drumstick & Waffle	Tamale: Chicken & Red Sauce + String Cheese + Beans	Chicken Sandwich (Regular or Spicy)	Pepperoni Pizza						
Mandarin Orange Chicken Bowl w/ Broccoli	Bean & Cheese Pupusa with Curtido (v)	Mozzarella Stuffed Breadsticks with Marinara Sauce (v)	Teriyaki Chicken Dumplings w/ Veggies	Tex Mex Chili with Tortilla Chips						
Chipotle Black Bean Burger (v)	Seasonal Fresh Fruit: Two Options	Seasonal Fresh Fruit: Two Options	Bean & Cheese Burrito (v)	Cheese Pizza (v)						
Seasonal Fresh Fruit: Two Options	Cucumbers with Tajin, Jalapeño	Jicama w/ Tajin, Spicy Nacho Chickpeas	Seasonal Fresh Fruit	Mixed Fruit & Seasonal Fresh Fruit						
Corn, Pickles, Jalapeño, Baby Carrots w/	Garden Fresh Tossed Salad (v)	Shredded Lettuce & Cheese (v)	Baby Carrots with Ranch	Baby Carrots w/ Ranch, Jalapeño						
Shredded Lettuce & Cheese (v)	8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate	Shredded Lettuce & Cheese	Garden Fresh Tossed Salad (v), Shredded Lettuce & Cheese						
8 oz NF or 1% White Milk or NF Chocolate			8 oz NF or 1% White Milk or NF Chocolate	8 oz NF or 1% White Milk or NF Chocolate						

# October 2023

## Lunch Menu

### Grab & Go Cart - Jane Addams & Will Rogers

MON	TUES	WED	THURS	FRI
<b>Minimum Day</b>				
Rice Krispies Bento Box (v) Chicken Caesar Salad Yogurt Parfait Corn Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Salad with Spicy Chicken Protein Bistro Box (v) Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	Chicken Caesar Salad Yogurt Parfait Cucumber Cuties Baby Carrots w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PopTart Bento Box Turkey & Cheese Sandwich Wedges Yogurt Parfait Baby Carrots w/ Ranch Broccoli w/ Ranch Seasonal Fresh Fruit: Two Options 8 oz NF or 1% White Milk or NF Chocolate	PB & J Lunch Box (v) Salad with Spicy Chicken Yogurt Parfait Buffalo Ranch Fava Bean Crisps Baby Carrots w/ Ranch Mixed Fruit & Seasonal Fresh Fruit 8 oz NF or 1% White Milk or NF Chocolate

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(p) = Contains Pork

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