

ALUM ROCK UNION SCHOOL

DISTRICT



K-5

ELEMENTARY

OCT/NOV

2023

MENU KEY:

(V) Vegetarian

(C) Chicken

(B) Beef

(P) Pork

(T) Turkey

**TO MAKE A
BREAKFAST:**

Must take an entree
& 1/2 cup of fruit or
juice!

**WHAT MAKES A
COMPLETE LUNCH?**

Choose at least 3
different food
components
&
one must be 1/2 cup
of fruit or vegetables!

**ALL MEALS
ARE AT NO
COST TO
ALL
STUDENTS!**

MON

OCT 2

**NON-STUDENT
DAY**

TUE

OCT 3

**NON-STUDENT
DAY**

WED

OCT 4

Choc Chip Muffin (V)

Pizza Wedge (V)
Grilled Cheese (V)
Fruit/Veg

THU

OCT 5

French Toast Sticks
(V)

American Burger (B)
Mucho Queso Dip
w/Chips (V)
Fruit/Veg

FRI

OCT 6

Bagel Cream Cheese
(V)

Pull Apart Pillows (V)
Nuggets w/Fries (C)
Fruit/Veg

OCT 9

Breakfast Blueberry
Bar (V)

Chimi Nada (V)
Pepp Stuffed
Sandwich (T,B)
Fruit/Veg

OCT 10

Bean N Cheese Burrito
(V)

Drumstick w/Roll (C)
Beef Taco Stick (B)
Fruit/Veg

OCT 11

Cinni Mini (V)

Popcorn Chicken
w/Veggie Roll (C)
Teriyaki Chicken
Bowl (C)
Fruit/Veg

OCT 12

Mini Glazed Bites (V)

3 Cheese Enchiladas
(V)
Fiesta Bean N
Cheese Wrap (V)
Fruit/Veg

OCT 13

Cinn Swirl (V)

Hot Dogs (B)
Chicken Fried Rice
Bowl (C)
Fruit/Veg

OCT 16

Pan Dulce Concha (V)

Spaghetti w/Meat
Sauce (B)
French Bread Pizza
(V)
Fruit/Veg

OCT 17

Crumb Square (V)

Cheeseburger
Sliders (B)
Egg Rolls (C)
Fruit/Veg

OCT 18

Sweet Pot/Choc
Muffin (V)

Chimichanga (C)
Chicken Sandwich (C)
Fruit/Veg

OCT 19

Belgian Fun N Fruiti
(V)

Double Dogs (B)
Pupusas Bean &
Cheese (V)
Fruit/Veg

OCT 20

Mini Maple Madness
(V)

Fiestada Beef Stuffed
Sandwich (B)
Chicken & Waffles (C)
Fruit/Veg

OCT 23

Confetti Pancakes
(V)

Pizza (V)
Corn Dog (C)
Fruit/Veg

OCT 24

Sausage N Cheese
Sandwich (P)

Cheeseburger
Sliders (B)
Tamale (C)
Fruit/Veg

OCT 25

Cinn Swirl (V)

Chimi Nada (V)
Hamburger (V)
Fruit/Veg

OCT 26

French Toast Sticks
(V)

Drumstick w/Roll (C)
Beef Taco Stick (B)
Fruit/Veg

OCT 27

Bagel Cream Cheese (V)

Popcorn Chicken
w/Veggie Roll (C)
Teriyaki Chicken Bowl
(C)
Fruit/Veg

OCT 30

Breakfast Blueberry
Bar (V)

Pizza Wedge (V)
Grilled Cheese (V)
Fruit/Veg

OCT 31 **HAPPY
HALLOWEEN**
Bean N Cheese Burrito
(V)

American Burger (B)
Mucho Queso Dip
w/Chips (V)
Fruit/Veg



NOV 1

Cinni Mini (V)

Pull Apart Pillows (V)
Nuggets w/ Fries (C)
Fruit/Veg

NOV 2

Mini Glazed Bites (V)

3 Cheese Enchiladas
(V)
Fiesta Bean N
Cheese Wrap (V)
Fruit/Veg

NOV 3

Choc Chip Muffin (V)

Hot Dogs (B)
Chicken Fried Rice
Bowl (C)
Fruit/Veg

*MENU SUBJECT TO CHANGE WITHOUT NOTICE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



ALUM ROCK UNION SCHOOL DISTRICT

K-5 ELEMENTARY OCT/NOV 2023

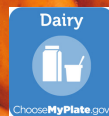
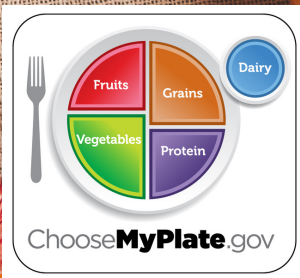
HARVEST OF THE MONTH



Plums are a kind of fruit with a stone or pit. Plums are low in fat and on average have 30 calories per fruit. Plums are a good source vitamin A & C, They are also a good source of fiber.



Avocados are bright green fruit with a large pit and dark leathery skin. Avocados are a source of key nutrients including healthy fats and fiber.



MON

NOV 6

Pan Dulce Concha (V) ****
Spaghetti w/Meat Sauce (B)
French Bread Pizza (V)
Fruit/Veg

TUE

NOV 7

Crumb Square (V) ****
Cheeseburger Slider (B)
Egg Rolls (C)
Fruit/Veg

WED

NOV 8

Sweet Pot/Choc Muffin (V) ****
Chimichanga (C)
Chicken Sandwich (C)
Fruit/Veg

THU

NOV 9

Belgian Fun N Fruiti (V) ****
Double Dogs (B)
Pupusas Bean & Cheese (V)
Fruit/Veg

FRI

NOV 10



NOV 13

Confetti Pancakes (V) ****
Cheese Pizza (V)
Corn Dog (C)
Fruit/Veg

NOV 14

Sausage N Cheese Sandwich (P) ****
Cheeseburger Sliders (B)
Tamale (C)
Fruit/Veg

NOV 15

Cinn Swirl (V) ****
Chimi Nada (V)
Hamburger (V)
Fruit/Veg

NOV 16

French Toast Sticks (V) ****
Drumstick w/Roll (C)
Beef Taco Stick (B)
Fruit/Veg

NOV 17

Bagel Cream Cheese (V) ****
Popcorn Chicken w/Veggie Roll (C)
Chipotle Chicken Sandwich (C)
Fruit/Veg

NOV 20-24



Happy Thanksgiving!



NOV 27

Breakfast Blueberry Bar (V) ****
Pizza Wedge (V)
Grilled Cheese (V)
Fruit/Veg

NOV 28

Bean N Cheese Burrito (V) ****
American Burger (B)
Mucho Queso Dip w/Chips (V)
Fruit/Veg

NOV 29

Cinn Mini (V) ****
Pull Apart Pillows (V)
Nuggets w/Fries (C)
Fruit/Veg

NOV 30

Mini Glazed Bites (V) ****
3 Cheese Enchiladas (V)
Fiesta Bean N Cheese Wrap (V)
Fruit/Veg

SALAD BAR CUP OPTIONS

MON

Apple Spinach (V)
3 Grape Tomatoes (V)
Cucumbers (V)
Salad Dressings: Ranch/Italian

TUE

Banana Romaine (V)
Canned Beans (V)
Baby Carrots (V)
Pasta Salad (V)
Salad Dressings: Ranch/Italian

WED

Plums Iceberg (V)
Canned Beans (V)
Jicama Sticks (V)
Avocados
Salad Dressings: Ranch/Italian

THU

Apricots Spinach (V)
3 Grape Tomatoes (V)
Corn (V)
Salad Dressings: Ranch/Italian

FRI

Fruit Bowl Spinach (V)
3-4 Jicama Sticks (V)
Canned Legumes (V)
Cucumber Slices (V)
Salad Dressings: Ranch/Italian

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