



October  
Breakfast Menu 2023



Monday

Tuesday

Wednesday

Thursday

Friday

2 Chocolate Chip Muffin Fresh Fruit Cold Milk Pint	3 Yogurt Cup & Grahams Fresh Fruit Cold Milk Pint	4 Hot Cinnamon Roll Fresh Fruit Cold Milk Pint	5 Chatsnax Grahams Fresh Fruit Cold Milk Pint	6 Cereal Bar Fresh Fruit Cold Milk Pint
9 No School!	10 Pop Tart Fresh Fruit Cold Milk Pint	11 Sausage Breakfast Pizza Fresh Fruit Cold Milk Pint	12 Crunchmania Cinnamon Grahams Fresh Fruit Cold Milk Pint	13 Granola Bar Fresh Fruit Cold Milk Pint
16 Chocolate Chip Muffin Fresh Fruit Cold Milk Pint	17 Yogurt Cup & Grahams Fresh Fruit Cold Milk Pint	18 Hot Cinnamon Roll Fresh Fruit Cold Milk Pint	19 Chatsnax Grahams Fresh Fruit Cold Milk Pint	20 Cereal Bar Fresh Fruit Cold Milk Pint
23 Hot Donut Holes Fresh Fruit Cold Milk Pint	24 Pop Tart Fresh Fruit Cold Milk Pint	25 Sausage Breakfast Pizza Fresh Fruit Cold Milk Pint	26 Crunchmania Cinnamon Grahams Fresh Fruit Cold Milk Pint	27 Granola Bar Fresh Fruit Cold Milk Pint
30 Chocolate Chip Muffin Fresh Fruit Cold Milk Pint	31 Yogurt Cup & Grahams Fresh Fruit Cold Milk Pint			

Available at:

**Northwood**

**Oak Terrace**

**Red Oak**

**Breakfast**

**Assorted Cereal  
Bowls served Daily**

Student Breakfast:  
\$2.55





<u>Lunes</u>	<u>Martes</u>	<u>Miercoles</u>	<u>Jueves</u>	<u>Viernes</u>
2 Muffin de chispas de chocolate Fruta Fresca Leche Fria	3 Taza de yogurt y galleta Fruta Fresca Leche Fria	4 Rollo de canela caliente Fruta Fresca Leche Fria	5 Galleta de emojis Fruta Fresca Leche Fria	6 Barra de Cereal Fruta Fresca Leche Fria
9 No Clases!!	10 Pop Tart Fruta Fresca Leche Fria	11 Pizza desayuno con salchicha de pavo Fruta Fresca Leche Fria	12 Galleta de desayuno sabor canela Fruta Fresca Leche Fria	13 Barra de Granola Fruta Fresca Leche Fria
16 Muffin de chispas de chocolate Fruta Fresca Leche Fria	17 Taza de yogurt y galleta Fruta Fresca Leche Fria	18 Rollo de canela caliente Fruta Fresca Leche Fria	19 Galleta de emojis Fruta Fresca Leche Fria	20 Barra de Cereal Fruta Fresca Leche Fria
23 Bolitas de Dona Fruta Fresca Leche Fria	24 Pop Tart Fruta Fresca Leche Fria	25 Pizza desayuno con salchicha de pavo Fruta Fresca Leche Fria	26 Galleta de desayuno sabor canela Fruta Fresca Leche Fria	27 Barra de Granola Fruta Fresca Leche Fria
30 Muffin de chispas de chocolate Fruta Fresca Leche Fria	31 Taza de yogurt y galleta Fruta Fresca Leche Fria			

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**Oak Terrace**  
**Red Oak**  
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Student Breakfast:  
\$2.55





October 2023 Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Three Cheese Cavatappi Seasonal Vegetables Fresh Fruit Cold Milk Pint	3 Chicken & Cheese Quesadilla Seasonal Vegetables Fresh Fruit Cold Milk Pint	4 Beef Hot Dog Seasonal Vegetables Fresh Fruit Cold Milk Pint	5 Pancakes W/String Cheese Potatoes Fresh Fruit Cold Milk Pint	6 Pull Apart Cheesy Bread Seasonal Vegetables Fresh Fruit Cold Milk Pint
9 No School!	10 Bean & Cheese Burrito Seasonal Vegetables Fresh Fruit Cold Milk Pint	11 Mini Chicken Corn Dog Nuggets Seasonal Vegetables Fresh Fruit Cold Milk Pint	12 French Toast W/Sausage Potatoes Fresh Fruit Cold Milk Pint	13 Cheese Breadsticks W/Marinara Dipping sauce Seasonal Vegetables Fresh Fruit Cold Milk Pint
16 Sloppy Joe Sandwich Seasonal Vegetables Fresh Fruit Cold Milk Pint	17 Chicken Soft Taco Seasonal Vegetables Fresh Fruit Cold Milk Pint	18 Cheeseburger Seasonal Vegetables Fresh Fruit Cold Milk Pint	19 Pancakes W/String Cheese Potatoes Fresh Fruit Cold Milk Pint	20 Cheese Pizza Seasonal Vegetables Fresh Fruit Cold Milk Pint
23 Pasta W/Meat Sauce Seasonal Vegetables Fresh Fruit Cold Milk Pint	24 Cheese Quesadilla Seasonal Vegetables Fresh Fruit Cold Milk Pint	25 Chicken Patty Sandwich Seasonal Vegetables Fresh Fruit Cold Milk Pint	26 Waffles W/String Cheese Potatoes Fresh Fruit Cold Milk Pint	27 Cheese Breadsticks W/Marinara Dipping Sauce Seasonal Vegetables Fresh Fruit Cold Milk Pint
30 Grilled Cheese Sandwich Seasonal Vegetables Fresh Fruit Cold Milk Pint	31 Beef & Cheese Nachos Seasonal Vegetables Fresh Fruit Cold Milk Pint			

Available at:

**Northwood**  
**A la Carte**  
**item's offered**  
**for purchase**

**Oak Terrace**

**Red Oak**

**Milk is Offered**  
**with each meal**  
**Student Paid**  
**Lunch: \$3.55**  
**Milk: \$0.75**  
**Adult: \$4.05**

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**OCTUBRE**  
**2023 Almuerzo**



LUNES

MARTES

MIERCOLES

JUEVES

VIERNES

|                                                                                                        |                                                                                         |                                                                                    |                                                                                   |                                                                                                         |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 2<br>Pasta tres quesos<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria                           | 3<br>Quesadilla queso y pollo<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria     | 4<br>Perro caliente<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria          | 5<br>Panqueques y una tira<br>de queso<br>Papas<br>Fruta Fresca<br>Leche Fria     | 6<br>Pan relleno de queso<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria                         |
| 9<br>NO CLASES !!                                                                                      | 10<br>Burrito de frijol y queso<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria   | 11<br>Mini corn dog de pollo<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria | 12<br>Pan francés tostado con<br>salchicha<br>Papas<br>Fruta Fresca<br>Leche Fria | 13<br>Palitos rellenos de queso<br>Salsa marinara<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria |
| 16<br>Carne molida con salsa<br>de tomate en pan<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria | 17<br>Taco de pollo<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria               | 18<br>Hamburguesa<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria            | 19<br>Panqueques y una tira<br>de queso<br>Papas<br>Fruta Fresca<br>Leche Fria    | 20<br>Pizza de queso<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria                              |
| 23<br>Pasta con salsa y carne<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria                    | 24<br>Quesadilla de queso<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria         | 25<br>Hamburguesa de pollo<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria   | 26<br>Waffles y una tira de<br>queso<br>Papas<br>Fruta Fresca<br>Leche Fria       | 27<br>Palitos rellenos de queso<br>Salsa marinara<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria |
| 30<br>Sándwich de queso<br>dorado<br>Vegetal de Temporada<br>Fruta Fresca                              | 31<br>Nachos con carne y<br>queso<br>Vegetal de Temporada<br>Fruta Fresca<br>Leche Fria |                                                                                    |                                                                                   |                                                                                                         |

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