



ALUM ROCK UNION SCHOOL
DISTRICT

K-8 SCHOOLS

OCT/NOV

2023

MENU KEY:

(V) Vegetarian

(C) Chicken

(B) Beef

(P) Pork

(T) Turkey

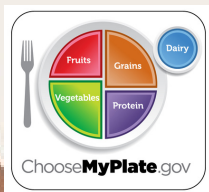
**TO MAKE A
BREAKFAST:**

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	TUE	WED	THU	FRI
OCT 2 NON-STUDENT DAY	OCT 3 NON-STUDENT DAY	OCT 4 Cinn Swirl (V) **** Chimi Nada (V) Pizza (V,T) Fruit/Veg	OCT 5 French Toast Sticks (V) **** American Burger (B) Penne Pasta w/Alfredo Sauce (C) Fruit/Veg	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) Chef Salad (T) Deli Sandwich w/Side Salad (T) Fruit/Veg	OCT 10 Bean N Cheese Burrito (V) **** BBQ Drumstick w/Roll (C) Beef Taco Stick (B) Fruit/Veg	OCT 11 Cinni Mini (V) **** Spaghetti w/Turkey Meat Sauce (T) Teriyaki Chicken Bowl (C) Fruit/Veg	OCT 12 Mini Glazed Bites (V) **** 3 Cheese Enchiladas (V) Mac & Cheese w/Drumstick & Roll (C) Fruit/Veg	OCT 13 Choc Chip Muffin (V) **** Hot Dogs w/Fries (B) Chicken Fried Rice Bowl (C) Fruit/Veg
OCT 16 Pan Dulce Concha (V) **** Cheese Lasagna (V) Corn Dog (C) Fruit/Veg	OCT 17 Crumb Square (V) **** Cheeseburger Sliders (B) Sweet Chili Bowl (C) Fruit/Veg	OCT 18 Sweet Pot/Choc Muffin (V) **** Chimichanga (C) Chicken Sandwich (C) Chinese Chicken Salad (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) **** Egg Rolls (C) Chicken & Waffles (C) Fruit/Veg
OCT 23 Confetti Pancakes (V) **** Pizza (V) Buffalo Chicken w/Fries (C) Fruit/Veg	OCT 24 Sausage N Cheese Sandwich (P) **** Double Dogs (B) Nachos (B,V) Fruit/Veg	OCT 25 Cinn Swirl (V) **** Chimi Nada (V) Hamburger w/Fries (V) Fruit/Veg	OCT 26 French Toast Sticks (V) **** BBQ Drumstick w/Roll (C) Beef Taco Stick (B) Fruit/Veg	OCT 27 Bagel Cream Cheese (V) **** Spaghetti w/Turkey Meat Sauce (T) Egg Sandwich (V) Teriyaki Chicken Bowl (C) Fruit/Veg
OCT 30 Breakfast Blueberry Bar (V) **** Pizza (T,B,V) Chef Salad (T) Deli Sandwich w/side Salad (T) Fruit/Veg	OCT 31 HAPPY HALLOWEEN Bean N Cheese Burrito (V) **** American Burger (B) Penne Pasta w/Alfredo Sauce (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) Mac & Cheese w/Drumstick & Roll (C) Fruit/Veg	NOV 3 Choc Chip Muffin (V) **** Hot Dogs w/Fries (B) Chicken Fried Rice Bowl (C) Fruit/Veg



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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	TUE	WED	THU	FRI
NOV 6 Pan Dulce Concha (V) **** Cheese Lasagna (V) Corn Dog (C) Fruit/Veg	NOV 7 Crumb Square (V) **** Cheeseburger Slider (B) Sweet Chili Bowl (C) Fruit/Veg	NOV 8 Sweet Pot/Choc Muffin (V) **** Chimichanga (C) Chicken Sandwich (C) Chinese Chicken Salad (C) Fruit/Veg	NOV 9 Belgian Fun N Fruiti (V) **** Double Dogs (B) Pupusas Bean & Cheese (V) Fruit/Veg	NOV 10 
NOV 13 Confetti Pancakes (V) **** Pizza (V) Buffalo Chicken w/Fries (C) Fruit/Veg	NOV 14 Sausage N Cheese Sandwich (P) **** Double Dogs (B) Nachos (B,V) Fruit/Veg	NOV 15 Cinn Swirl (V) **** Chimi Nada (V) Hamburger w/Fries (B) Caesar Salad (C) Fruit/Veg	NOV 16 French Toast Sticks (V) **** BBQ Drumstick w/Roll (C) Beef Taco Stick (B) Fruit/Veg	NOV 17 Bagel Cream Cheese (V) **** Turkey w/Mashed Potatoes & Gravy (T) Egg Sandwich (V) Teriyaki Chicken Bowl (C) Fruit/Veg

NOV 20-24 Happy Thanksgiving!

NOV 27 Breakfast Blueberry Bar (V) **** Pizza (T,B,V) Chef Salad (T) Deli Sandwich w/Side Salad (T) Fruit/Veg	NOV 28 Bean N Cheese Burrito (V) **** American Burger (B) Penne Pasta w/Alfredo Sauce (C) 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) Mac & Cheese w/Drumstick & Roll (V) Fruit/Veg
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SALAD BAR CUP OPTIONS				
MON	TUE	WED	THU	FRI
Apple Spinach (V) 3 Grape Tomatoes (V) Cucumbers (V) Salad Dressings: Ranch/Italian	Banana Romaine (V) Canned Beans (V) Baby Carrots (V) Pasta Salad (V) Salad Dressings: Ranch/Italian	Plums Iceberg (V) Canned Beans (V) Jicama Sticks (V) Avocados Salad Dressings: Ranch/Italian	Apricots Spinach (V) 3 Grape Tomatoes (V) Corn (V) Salad Dressings: Ranch/Italian	Fruit Bowl Spinach (V) 3-4 Jicama Sticks (V) Canned Legumes (V) Cucumber Slices (V) Salad Dressings: Ranch/Italian

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