

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Orange Chicken Brown Rice Steamed Peas Craisins	1 Beef Taco Stick Elote Corn Salad Fresh Orange	2 Chicken and Waffles Orange Glazed Carrots Diced Peach Cup	3 Cheesy Mozzarella Breadsticks with Marinara Sauce Green Beans Fresh Strawberries	4 CrispUps Tacos Vegetable Medley Diced Pear Cup
7 Toasty Grilled Cheese Steamed Green Peas Applesauce Cup	8 Crispy Chicken Taquitos Fiesta Corn Fresh Green Apple	9 Chicken Hotdog in a Pretzel Bun Crispy Tater Tots Diced Peach Cup	10 French Bread Pepperoni Pizza Simmered Green Beans Fresh Strawberries	11 <i>National Taco Day</i> Cheeseburger Vegetable Medley Diced Pear Cup
14	15	16	17	18
<h2>October Break - No School</h2>				
21 Tuna Salad or Chicken Salad Hawaiian Roll Tostitos Scoops Three Bean Salad Watermelon Raisels	22 Green Chili and Cheese Quesadilla Fiesta Corn Fresh Pear	23 BBQ Pork Rib Patty Dinner Roll Buttery Mashed Potatoes Applesauce	24 Pizza Lunch Kit Baby Carrots Seedless Grapes	25 Tasty Golden Corn Dog Vegetable Medley Diced Pear Cup
28 Teriyaki Beef Dunkers Rice Pilaf Steamed Peas Applesauce Cup	29 Nachos with Cheese Sauce Ranchero Beans Fresh Orange	30 Homemade Beef Spaghetti Simmered Green Beans Diced Peach Cup	31 Bat Shaped Chicken Nuggets Pumpkin Harvest Cookie Tender Carrots 100% Fruit Juice Bat Icee	November 1 Mini Corn Dogs Vegetable Medley Diced Peach Cup

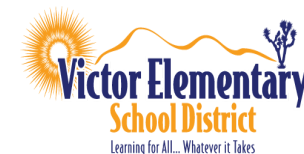
Monday - Blueberry Muffin Top
Tuesday - Cinnamon French Toast Bites
Wednesday - Assorted Cereal or Yogurt and Graham
Thursday - Mini Confetti Pancakes
Friday - Banana Chocolate Chunk Benefit Bar

Two fruit options and milk provided daily

We want your feedback!
 Let us know how we can make our meals better!



SCAN QR CODE OR VISIT:
bit.ly/VESDMenuSurvey



VESD Students eat at no cost! Menu subject to change. Questions? Call us at (760)245-5221

This institution is an equal opportunity provider.

Fresh Salad Bar Offered Daily All Bread and Tortillas are Whole Wheat.