



# ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY OCTOBER 2024

## TO MAKE A BREAKFAST:

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

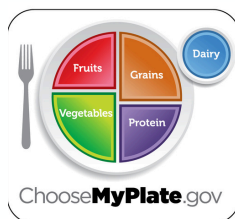
**ALL MEALS ARE  
AT NO COST TO  
ALL STUDENTS!**

## WHAT MAKES A COMPLETE LUNCH?

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

## MENU KEY:

(V) Vegetarian  
(C) Chicken  
(B) Beef  
(P) Pork  
(T) Turkey  
(F) Fruit  
(S) Seafood



**MON**

**TUE**

**WED**

**THU**

**FRI**

**OCT 1**

**NON-STUDENT  
DAY**

**OCT 2**

Mini Glazed Bites (V)  
\*\*\*\*  
Cheese Pizza Wedge  
(V)  
Mucho Queso  
Jalapeno Dip w/Chips  
(V)

**OCT 3**

Froot Loop Waffles  
(V)  
\*\*\*\*  
Chicken Fried Rice  
Bowl (C)  
Drumstick w/Roll (C)

**OCT 4**

Mini Strawberry Cream  
Cheese Bagel (V)  
\*\*\*\*  
Hot Dog w/ Brioche  
Bun (B)  
Pull Aparts Pillows (V)

**OCT 7**

Pan Dulce Concha (V)  
\*\*\*\*  
Rotini w/Beef Sauce  
(B)  
Pepp Stuffed  
Sandwich (T)

**OCT 8**

Cinn Bun Glazed (V)  
\*\*\*\*  
Cheeseburger  
Sliders (B)  
Beef N Cheese Taco  
Crispups (B)

**OCT 9**

Sweet Pot/Choc  
Muffin (V)  
\*\*\*\*  
Double Dog (B)  
Chicken Sandwich on  
Brioche Bun (C)

**OCT 10**

Confetti Pancakes (V)  
\*\*\*\*  
Teriyaki Rice Bowl (C)  
Puposas Bean &  
Cheese (V)

**OCT 11**

Maple Swt Pot  
Pancakes (V)  
\*\*\*\*  
Cheese Pizza Rippers  
(V)  
Mini Corn Dogs & Criss  
Cross Fries w/Roll (C)

**OCT 14**

Pan Dulce Concha (V)  
\*\*\*\*  
Pepp Pizza Sliders  
(P,B)  
Grilled Cheese (V)

**OCT 15**

Cinni Mini (V)  
\*\*\*\*  
Mac & Cheese Bowl  
w/ Roll (V)  
Bean N Cheese  
Burrito (V)

**OCT 16**

Cinni Swirl (V)  
\*\*\*\*  
Beef Taco Stick (B)  
Buffalo Chicken and  
Fries w/Roll (C)

**OCT 17**

French Toast Sticks  
(V)  
\*\*\*\*  
Corn Dog (C)  
Pizza Crunchers (V)

**OCT 18**

Bagel Cream Cheese  
(V)  
\*\*\*\*  
Penne Pasta  
Marinara (V)  
Hamburger (B)

**OCT 21**

Mini French Toast  
Berry Blast (V)  
\*\*\*\*  
Bean & Cheese  
Empanada (V)  
Cheese Pizza Wedge  
(V)

**OCT 22**

Choc Chip Muffin (V)  
\*\*\*\*  
American Burger (B)  
Chicken Tamale (C)  
Fruit/Veg

**OCT 23**

Mini Glazed Bites (V)  
\*\*\*\*  
Nuggets and Fries  
w/Roll (C)  
Mucho Queso  
Jalapeno Dip w/Chips  
(V)

**OCT 24**

Froot Loop Waffles  
(V)  
\*\*\*\*  
Chicken Fried Rice  
Bowl (C)  
Drumstick w/Roll (C)

**OCT 25**

Mini Strawberry Cream  
Cheese Bagel (V)  
\*\*\*\*  
Hot Dog w/ Brioche  
Bun (B)  
Penne Pasta Alfredo  
w/Roll (V)



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



# ALUM ROCK UNION SCHOOL DISTRICT K-5 ELEMENTARY OCTOBER 2024

MON	TUE	WED	THU	FRI
<b>OCT 28</b> Pan Dulce Concha (V) **** Rotini w/Beef Sauce (B) Pepp Stuffed Sandwich (T)	<b>OCT 29</b> Cinn Bun Glazed (V) **** Cheeseburger Sliders (B) Beef N Cheese Taco Crispups (B)	<b>OCT 30</b> Sweet Pot/Choc Muffin (V) **** Double Dog (B) Chicken Sandwich on Brioche Bun (C)	<b>OCT 31</b> Confetti Pancakes (V) **** Teriyaki Rice Bowl (C) Puposas Bean & Cheese (V)	<b>NOV 1</b> <b>NON-STUDENT DAY</b>

THIS MONTH WE ARE SHOWCASING RYAN'S KITCHEN-  
SEE WHAT OUR WONDERFUL LUNCH LADIES PREPARED  
FOR THE SALAD BAR!

## SALAD BAR OPTIONS

Baby Carrots (V)	Asian Pears (F)
Iceberg Lettuce (V)	Bananas (F)
Garbanzo Beans (V)	Strawberries (F)
Broccoli Salad (V)	Grapes (F)
Canned Corn (V)	Salad Dressing:
Shredded Beets (V)	Homemade Ranch
Bell Peppers (V)	Chipotle
Kidney Beans (V)	Plums (F)
Salad Greens (V)	Apples (F)
Celery (V)	
Cucumbers (V)	
Avocado and Cucumber Salad (V)	
Jicama (V)	



## HARVEST OF THE MONTH



This month we are offering **Asian Pears**. Asian pears are a great source of fiber, which can help regulate cholesterol and maintain healthy gut bacteria. Asian pears are rich in potassium, which helps regulate heartbeats and is necessary for kidney and nerve function.



**Avocados** are a nutritious food that contain many vitamins and minerals. Some nutrition experts call the avocado a superfood. The avocado provides health benefits, such as cholesterol and blood sugar management because it is a good source of fiber.

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