

October Menu Elementary School



Week 3	10/14 Monday	10/15 Tuesday	10/16 Wednesday	10/17 Thursday	10/18 Friday
Breakfast	Breakfast Bar (31) Cereal(25)	Cheese Omelet IW Cereal (25)	WG Powdered Donuts (41) Cereal (25)	Pancake Sausage Stick (16) Cereal (25)	French Toast Stick (38) Cereal (25)
Lunch	Enchiladas (25) Sunbutter Sammy/String Cheese (33)	Cheese Pizza (35) Turkey & Cheese Munchable (38)	Philly Steak Pinwheel (32) Sunbutter Sammy/String Cheese (33)	Breaded Ravioli (64) Turkey & Cheese Munchable (38)	Chicken Nuggets (13) Sunbutter Sammy/String Cheese (33)
Vegetable	Refried Beans (28)	California Vegetables 1/2	Sweet Waffle Fries (34)	Spinach Mandarin Salad	Tater Tots (22)
Week 4	10/21 Monday	10/22 Tuesday	10/23 Wednesday	10/24 Thursday	10/25 Friday
Breakfast	Benefit Bar (48) Cereal (25)	Turkey Egg Bites (6) Cereal (25)	Muffin Variety (4,6-47) Cereal (25)	Breakfast Burrito (30) Cereal (25)	Strawberry Mini Bagels (42) Cereal (25)
Lunch	Beef Sliders (29) Sunbutter Sammy/String Cheese (33)	Pepperoni Pizza (33) Turkey & Cheese Munchable (38)	Grilled Cheese (28) Sunbutter Sammy/String Cheese (33)	Popcorn Chicken Bowl (39) Turkey & Cheese Munchable (38)	Beef Fiestada (43) Sunbutter Sammy/String Cheese (33)
Vegetable	Ranch Beans 1/2c (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15)	Fresh Broccoli w/ Ranch
Week 1	10/28 Monday	10/29 Tuesday	10/30 Wednesday	10/31 Thursday	
Breakfast	2ct Poptart (73) Cereal(25)	Egg Sandwich (21) Cereal(25)	WG Chocolate Donuts (42) Cereal(25)	Pancake Sandwich (16) Cereal(25)	
Lunch	Hamburger Sunbutter Sammy/String Cheese (33)	Cheese Pizza (35) Turkey & Cheese Munchable (38)	Chicken Tenders (10) Sunbutter Sammy/String Cheese (33)	BBQ Beef Rib Sandwich (43) Turkey & Cheese Munchable (38)	
Vegetable	French Fries (24)	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	

Offered Everyday at Breakfast:

- 1% White Milk
- Fat Free White Milk
- Fat Free Flavored Milk
- 100% Fruit Juice

Offered Every Day at Lunch:

- Fresh Fruit and Vegetable Bar
- 1% White Milk
- Fat Free White Milk
- Fat Free Flavored Milk

All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.

() Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.