



ROOSEVELT & WESTON BREAKFAST & LUNCH MENU October 2024

NOTES

Available Daily BREAKFAST: Cereals/ Cereal Bars/ Pop Tarts/ Fresh Fruit/ 100% Fruit Juice/Low Fat Milk

Available Daily LUNCH: Cheese Sandwich/ Fresh Fruit & Vegetables / Low Fat Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CONTAINS WHEAT: all pasta; breaded chicken; all sandwich bread, buns, and breadsticks; all breakfast entrees (excluding smoothies & egg dishes); all pizza items; tortilla chips</p> <p>CONTAINS SOY: chicken patties, chicken nuggets, all beef items (excluding hot dogs)</p>	<p>1</p> <p>Double Chocolate Chip Muffin</p> <p>-----</p> <p>Beef Nachos</p> <p>Hamburger</p> <p>Black Beans</p> <p>Chicken Ham & Cheese Sandwich</p>	<p>2</p> <p>Cinnamon Pop Tart</p> <p>-----</p> <p>Personal Pizza</p> <p>Chicken Patty Sandwich</p> <p>Cucumber</p> <p>Sun Butter & Jelly Sandwich</p>	<p>3</p> <p>Waffles</p> <p>-----</p> <p>Sweet & Sour Chicken & Rice</p> <p>Cheeseburger</p> <p>Broccoli</p> <p>Turkey & Cheese Sandwich</p>	<p>4</p> <p>Cocoa Puffs Breakfast Bar</p> <p>-----</p> <p>Pizza</p> <p>Beef Hot Dog</p> <p>Potato Smiles</p> <p>Sun Butter & Jelly Sandwich</p>
<p>7</p> <p>Strawberry Pop Tart</p> <p>-----</p> <p>Grilled Cheese Sandwich</p> <p>Hamburger</p> <p>Broccoli</p> <p>Yogurt & Pretzel Pack (Strawberry Banana Yogurt, Pretzel Bag and Mozz Stick)</p>	<p>8</p> <p>Strawberry Apple Smoothie</p> <p>-----</p> <p>Beef Nachos</p> <p>Chicken Patty Sandwich</p> <p>Baked Beans</p> <p>Chicken Ham & Cheese Sandwich</p>	<p>9</p> <p>Cinnamon Toast Crunch Bar</p> <p>-----</p> <p>Pizza Sticks & Marinara</p> <p>Cheeseburger</p> <p>Grape Tomato</p> <p>Sun Butter & Jelly Sandwich</p>	<p>10</p> <p>Pancakes</p> <p>-----</p> <p>Chicken Mashed Potato Bowl</p> <p>Beef Hot Dog</p> <p>Corn</p> <p>Turkey & Cheese Sandwich</p>	<p>11</p> <p>Cocoa Puffs Cereal</p> <p>-----</p> <p>Pizza</p> <p>Chicken Nuggets</p> <p>Green Beans</p> <p>Sun Butter & Jelly Sandwich</p>
<p>14</p> <p>NO SCHOOL</p>	<p>15</p> <p>Blueberry Muffin</p> <p>-----</p> <p>Beef Nachos</p> <p>Cheeseburger</p> <p>Black Beans</p> <p>Chicken Ham & Cheese Sandwich</p>	<p>16</p> <p>Cheerios Cereal</p> <p>-----</p> <p>Personal Pizza</p> <p>Beef Hot Dog</p> <p>Cucumber</p> <p>Sun Butter & Jelly Sandwich</p>	<p>17</p> <p>French Toast Sticks</p> <p>-----</p> <p>Meatball Parm Sub</p> <p>Chicken Nuggets</p> <p>Carrots</p> <p>Turkey & Cheese Sandwich</p>	<p>18</p> <p>Cinnamon Pop Tart</p> <p>-----</p> <p>Pizza</p> <p>Hamburger</p> <p>Potato Smiles</p> <p>Sun Butter & Jelly Sandwich</p>
<p>21</p> <p>Lucky Charms Cereal</p> <p>-----</p> <p>Cheesy Pasta</p> <p>Cheeseburger</p> <p>Broccoli</p> <p>Yogurt & Pretzel Pack (Strawberry Banana Yogurt, Pretzel Bag and Mozz Stick)</p>	<p>22</p> <p>Banana Muffin</p> <p>-----</p> <p>Beef Nachos</p> <p>Beef Hot Dog</p> <p>Baked Beans</p> <p>Chicken Ham & Cheese Sandwich</p>	<p>23</p> <p>Strawberry Pop Tart</p> <p>-----</p> <p>Pizza Sticks & Marinara</p> <p>Chicken Nuggets</p> <p>Grape Tomato</p> <p>Sun Butter & Jelly Sandwich</p>	<p>24</p> <p>Cheese Omelet</p> <p>-----</p> <p>Chicken Mashed Potato Bowl</p> <p>Hamburger</p> <p>Corn</p> <p>Turkey & Cheese Sandwich</p>	<p>25</p> <p>Cinnamon Toast Crunch Bar</p> <p>-----</p> <p>Pizza</p> <p>Chicken Patty Sandwich</p> <p>Green Beans</p> <p>Sun Butter & Jelly Sandwich</p>
<p>28</p> <p>Cinnamon Pop Tart</p> <p>-----</p> <p>Rotini & Meatballs</p> <p>Beef Hot Dog</p> <p>Broccoli</p> <p>Yogurt & Pretzel Pack (Strawberry Banana Yogurt, Pretzel Bag and Mozz Stick)</p>	<p>29</p> <p>Strawberry Lemonade Smoothie</p> <p>-----</p> <p>Beef Nachos</p> <p>Chicken Nuggets</p> <p>Black Beans</p> <p>Chicken Ham & Cheese Sandwich</p>	<p>30</p> <p>Cocoa Puffs Bar</p> <p>-----</p> <p>Personal Pizza</p> <p>Hamburger</p> <p>Celery</p> <p>Sun Butter & Jelly Sandwich</p>	<p>31</p> <p>French Toast Sticks</p> <p>-----</p> <p>Pancakes & Sausage</p> <p>Chicken Patty Sandwich</p> <p>Corn</p> <p>Turkey & Cheese Sandwich</p>	<p>CONTAINS DAIRY: all pizza items; all salads (cheese); all hot vegetables (butter); all sandwiches with cheese</p>