# Tuesday, October 1, 2024 Breakfast

- Home Baked Muffin of the Day
- Chefables Seasonal Fruit
- Milk

#### Lunch

- Beef Burger on Honey WG Bun
- Grilled Cheese Sandwich
- Bagged Baby Carrots
- Corn
- Chefables Seasonal Fruit
- Milk

## Wednesday, October 2, 2024 Breakfast

- Home Baked Chai Muffin
- Home Baked Breakfast Bread of the Day
- Chefables Seasonal Fruit
- Milk

## Lunch

- Bean & Cheese Pupusas
- Chicken Salad Sandwich
- Tater Tots
- Roasted Carrots + Toasted Pumpkin Seeds
- Chefables Seasonal Fruit
- Milk

## Thursday, October 3, 2024 Breakfast

- Home Baked Banana Cacao Breakfast Bread
- Chefables Seasonal Fruit
- Milk

# Lunch

- Classic Chicken Sandwich on Honey
  WG Bun
- Bean and Cheese Pupusas
- Bagged Roasted Edamame
- Peas
- Chefables Seasonal Fruit
- Milk

#### Friday, October 4, 2024 Breakfast

- Home Baked Whole Grain Raspberry Waffle
- Chefables Seasonal Fruit
- Milk

## Lunch

- Slice of Cheese Pizza
- Chicken Salad Sandwich
- Bagged Baby Carrots
- Chefables Seasonal Fruit
- Milk

#### Monday, October 7, 2024 Breakfast

- Home Baked Squares
- Chefables Seasonal Fruit
- Milk

## Lunch

- BBQ Chicken & Brown Rice
- Cheese Quesadilla
- Peas
- Cream Corn
- Chefables Seasonal Fruit
- Milk

#### Tuesday, October 8, 2024 Breakfast

- Home Baked Muffin of the Day
- Chefables Seasonal Fruit •
- Milk

# Lunch

- All Beef Hot Dog on Honey WG Bun
- Grilled Cheese Sandwich
- Bagged Baby Carrots
- Peas
- Chefables Seasonal Fruit
- Milk

# Wednesday, October 9, 2024 **Breakfast**

- Home Baked Poblano Chile Corn Bread Muffin
- Chefables Seasonal Fruit
- Milk

# Lunch

- Chicken Tomato Cream w/ Shell Pasta & Parmesan Cheese
- Sliced Turkey Sliced Bread
- Broccoli
- Roasted Carrots + Toasted Pumpkin Seeds
- Chefables Seasonal Fruit
- Milk

## Thursday, October 10, 2024 Breakfast

Home Baked Squares

- Chefables Seasonal Fruit
- Milk

# Lunch

- Chicken Corn Dog
- Bean and Cheese Pupusas •
- Bagged Roasted Edamame •
- Baked Beans
- Chefables Seasonal Fruit •
- Milk

#### Friday, October 11, 2024 Closed

#### Monday, October 14, 2024 Closed

## Tuesday, October 15, 2024 Breakfast

- Home Baked Muffin of the Day •
- **Chefables Seasonal Fruit** •
- Milk •

# Lunch

- Classic Chicken Sandwich on Honey • WG Bun
- Grilled Cheese Sandwich
- **Bagged Baby Carrots** •
- Corn
- Chefables Seasonal Fruit •
- Milk

Wednesday, October 16, 2024 Breakfast

- Home Baked Cacao & Coconut Muffin
- Chefables Seasonal Fruit
- Milk

# Lunch

- Brown Rice & Beans
- Pork Fajita Burrito
- Green Beans
- Refried Beans
- Chefables Seasonal Fruit
- Milk

# Thursday, October 17, 2024 Breakfast

- Spiced Ginger Molasses Breakfast Bread
- Chefables Seasonal Fruit
- Milk

## Lunch

- Beef Burger on Honey WG Bun
- Bean and Cheese Pupusas
- Bagged Roasted Edamame
- Refried Beans
- Chefables Seasonal Fruit
- Milk

## Friday, October 18, 2024 Breakfast

- Home Baked Lemon Ricotta
  Pancakes
- Chefables Seasonal Fruit
- Milk

## Lunch

• Slice of Cheese Pizza

- Chicken Salad Sandwich
- Bagged Baby Carrots
- Chefables Seasonal Fruit
- Milk

# Monday, October 21, 2024 Breakfast

- Soft Cream Cheese Stuffed Cinnamon Raisin Bagel Bite
- Chefables Seasonal Fruit
- Milk

## Lunch

- Chicken Tenders
- Peas
- Chefables Seasonal Fruit
- Milk

#### Tuesday, October 22, 2024 Breakfast

- Breakfast Cereal of the Day
- Chefables Seasonal Fruit
- Milk

## Lunch

- Chicken Corn Dog
- Bagged Baby Carrots
- Chefables Seasonal Fruit
- Milk

## Wednesday, October 23, 2024 Breakfast

- Home Baked Cacao Brioche Muffin
- Chefables Seasonal Fruit
- Milk

#### Lunch

- Cheese & Bean Burrito
- Green Beans
- Chefables Seasonal Fruit
- Milk

#### Thursday, October 24, 2024 Breakfast

- Home Baked Lemon Poppy Breakfast Bread
- Chefables Seasonal Fruit
- Milk

#### Lunch

- All Beef Hot Dog on Honey WG Bun
- Bagged Roasted Edamame
- Chefables Seasonal Fruit
- Milk

#### Friday, October 25, 2024 Breakfast

- Home Baked Whole Grain 50/50 Waffles
- Chefables Seasonal Fruit
- Milk

## Lunch

- Slice of Cheese Pizza
- Chicken Salad Sandwich
- Bagged Baby Carrots
- Chefables Seasonal Fruit
- Milk

# Monday, October 28, 2024 Breakfast

- Home Baked KuKu Squares
- Chefables Seasonal Fruit
- Milk

#### Lunch

- Chicken Alfredo Pasta
- Peas
- Chefables Seasonal Fruit
- Milk

#### Tuesday, October 29, 2024 Breakfast

- Breakfast Cereal of the Day
- Chefables Seasonal Fruit
- Milk

#### Lunch

- Beef Burger on Honey WG Bun
- Bagged Baby Carrots
- Chefables Seasonal Fruit
- Milk

#### Wednesday, October 30, 2024 Breakfast

- Home Baked Pumpkin Banana Muffin
- Chefables Seasonal Fruit
- Milk

## Lunch

- Chicken, Butter Noodles & Parmesan Cheese
- Roasted Carrots
- Chefables Seasonal Fruit

• Milk

## Thursday, October 31, 2024 Breakfast

- Home Baked Pumpkin Breakfast Bread
- Chefables Seasonal Fruit
- Milk

# Lunch

- Classic Chicken Sandwich on Honey WG Bun
- Bagged Roasted Edamame
- Chefables Seasonal Fruit
- Milk