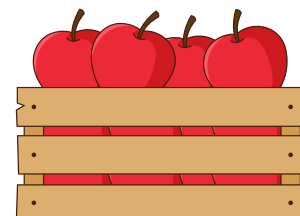


MON	TUE	WED	THU	FRI
Orange Chicken & Rice Turkey Hoagie Muffin Yogurt Pack Chicken Caesar Salad Mandarin Orange Cup Roasted Edamame Celery Sticks & Dip 28	Pancakes & Omelette Chicken Caesar Wrap Uncrustable Kit Vegetarian Chef Salad Orange Juice Baby Carrots Smiley Fries 29	Beef or Veggie Burger Turkey Hoagie Pizza Munchable Kit Chicken Caesar Salad Mandarin Cup Fresh Side Salad Potato Wedges 30	Pan Pizza Turkey Club Wrap Muffin Yogurt Pack Vegetarian Chef Salad Apple Sauce Chickpea Salad Cucumber Coins 1	Crispy Chicken Sandwich Cheese Sandwich Uncrustable Kit Hummus Flatbread Box Apple Slices Corn on the Cob Fresh Side Salad 2
Chicken Penne Alfredo Crispy Chicken Wrap Uncrustable Kit Vegetarian Chef Salad Apple Slices Caesar Side Salad Roasted Broccoli 5	Grilled Cheese Tomato Soup Turkey Hoagie Muffin Yogurt Pack Chicken Ceaser Salad Pineapple Cup Sweet Potato Fries Baby Carrots 6	Chicken Tenders & WG Dinner Roll Turkey Hoagie Make Your Own Pizza Chicken Caesar Salad Apple Slices Steamed Corn Bell Pepper Strips & Dip 7	Pizza Slice Crispy Chicken Wrap Muffin Yogurt Pack Vegetarian Chef Salad Frozen Juice Cup Baby Carrots & Dip Celery Sticks & Dip 8	Crispy Chicken Leg & Biscuit Cheese Sandwich Uncrustable Kit Hummus Flatbread Box Sour Raisins Mashed Potatoes Baked Beans 9
Popcorn Chicken & Pretzel Turkey Hoagie Muffin Yogurt Pack Chicken Caesar Salad Peach Cup Fresh Side Salad Baby Carrots 12	French Toast Sticks Chicken Caesar Wrap Uncrustable Kit Vegetarian Chef Salad Orange Juice Celery Sticks Tater Tots 13	Mac & Cheese w/ Garlic Knot Turkey Hoagie Pizza Munchable Kit Chicken Caesar Salad Fresh Grapes Garlic Green Beans Tomatoe Cucumber Salad 14	Bosco Sticks Turkey Club Wrap Vegetarian Chef Salad Muffin Yogurt Pack Frozen Juice Cup Marinara Cup Caesar Side Salad 15	Local Beef Nachos Cheese Sandwich Hummus Flatbread Box Uncrustable Kit Local Apples Salsa Cup Seasoned Black Beans 16
Orange Chicken & Rice Turkey Hoagie Muffin Yogurt Pack Chicken Caesar Salad Mandarin Orange Cup Roasted Edamame Celery Sticks & Dip 19	Pancakes & Omelette Chicken Caesar Wrap Uncrustable Kit Vegetarian Chef Salad Orange Juice Baby Carrots Smiley Fries 20	Beef or Veggie Burger Turkey Hoagie Pizza Munchable Kit Chicken Caesar Salad Peach Cup Fresh Side Salad Potato Wedges 21	Pan Pizza Turkey Club Wrap Muffin Yogurt Pack Vegetarian Chef Salad Apple Sauce Chickpea Salad Cucumber Coins 22	Crispy Chicken Sandwich Cheese Sandwich Uncrustable Kit Hummus Flatbread Box Apple Slices Side Salad Corn on the Cob 23
Chicken Penne Alfredo Crispy Chicken Wrap Vegetarian Chef Salad Uncrustable kit Apple Slices Caesar Side Salad Roasted Broccoli 26	Grilled Cheese Tomato Soup Turkey Hoagie Muffin Yogurt Pack Chicken Ceaser Salad Pineapple Cup Sweet Potato Fries Baby Carrots 27	Chicken Tenders & WG Dinner Roll Turkey Hoagie Make Your Own Pizza Chicken Caesar Salad Applesauce Steamed Corn Bell Pepper Strips & Dip 28	Pizza Slice Crispy Chicken Wrap Muffin Yogurt Pack Vegetarian Chef Salad Peach Cup Crispy Chickpeas Celery Sticks & Dip 29	Spooky Bat Nuggets w/Pumpkin Pretzel Cheese Sandwich Uncrustable Kit Hummus Flatbread Box Frozen Juice Cup Baby Carrots Cucumber Slices 30



It's Farm to School
Month!



Local Vendor
Spotlight!



Halloween Icy Cup
with meal
10/30



Lunch - \$3.45

 @ucfsdnutrition

USDA is an equal opportunity
provider and employer.

WEEKLY ELEMENTARY BREAKFAST MENU

M O N

Egg & Cheese
Croissant
Cereal Variety
Apple Slices
Fresh Fruit
Low Fat & Fat
Free Milk

T U E

Whole Grain
Muffin
Cereal Variety
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk

W E D

Sausage &
Pancake
Sandwich
Cereal Variety
Apple Juice
Fresh Fruit
Low Fat & Fat
Free Milk

T H U

Whole Grain
Breakfast Bites
Cereal Variety
Orange Juice
Fresh Fruit
Low Fat & Fat
Free Milk

F R I

Whole Grain Mini
Pancakes
Cereal Variety
Apple Juice
Fresh Fruit
Low Fat & Fat
Free Milk

ALL CEREALS ARE
ARTIFICIAL DYE FREE,
WHOLE GRAIN &
REDUCED SUGAR

**Breakfast meals are free! A meal must include a fruit.
Separate items can be purchased a la carte.**

USDA is an equal opportunity provider and employer. Menu Subject to change.

