

MON

TUE

WED

THU

FRI

Pancakes & Omelette Vegetarian Variety Orange Juice Baby Carrots Smiley Fries 28	Beef Nachos Vegetarian Variety Peach Cup Seasoned Corn Salsa Cup 29	Chicken & Waffles Vegetarian Variety Apple Slices Steamed Corn Bell Pepper Strips 30	General's Chicken & Fried Rice Vegetarian Variety Apple Sauce Roasted Edamame Cucumber Coins Fortune Cookie 1	Crispy Chicken Sandwich Vegetarian Variety Craisins Cucumber Coins Curly Fries 2
Grilled Cheese Vegetarian Variety Pineapple Cup Sweet Potato Fries Baby Carrots & Dip Tomato Soup 5	Penne Alfredo & Chicken Vegetarian Variety Apple Slices Side Caesar Salad Roasted Broccoli 6	Cheeseburger or Veg Burger Vegetarian Variety Mandarin Orange Cup Fresh Side Salad Potato Wedges 7	Tikka Masala w/ Naan Vegetarian Variety SideKick Cucumber coins Celery Sticks & Dip 8	Crispy Chicken Leg & Biscuit Vegetarian Variety Sour Raisins Mashed Potatoes Baked Beans 9
Popcorn Chicken & WG Pretzel Vegetarian Variety Peach Cup Baby Carrots & Dip Fresh Side Salad 12	French Toast Sticks with Sausage Vegetarian Variety Orange Juice Celery Sticks Tator tots 13	Mac & Cheese w/Garlic Knot Vegetarian Variety Fresh Grapes Garlic Green Beans Tomato Cucumber Salad 14	Bosco Sticks Vegetarian Variety SideKick Caesar Side Salad Marinara Cup 15	Meatball Sandwich Vegetarian Variety Apple Slices Chickpea Salad Curly Fries 16
Pancakes & Omelet Vegetarian Variety Orange Juice Smiley Fries Baby Carrots & Dip 19	Local Beef Walking Tacos Vegetarian Variety Peach Cup Salsa Cup Seasoned Corn 20	Chicken & Waffles Vegetarian Variety Apple Slices Steamed Corn Bell Pepper Strips & Dip 21	General's Chicken & Fried Rice Vegetarian Variety Applesauce Edamama Cucumber Coins & Dip Fortune Cookie 22	Crispy Chicken Sandwich Vegetarian Variety Craisins Cucumber Coins & Dip Curly Fries 23
Grilled Cheese Vegetarian Variety Tomato Soup Pineapple Cup Sweet Potato Fries Baby Carrots 26	Penne Alfredo & Chicken Vegetarian Variety Apple Slices Side Caesar Salad Roasted Broccoli 27	Cheeseburger or Veg Burger Vegetarian Variety Mandarin Orange Cup Baked Beans Potato Wedges 28	Tikka Masala w/ Naan Vegetarian Variety Peach Cup Indian Spiced Cauliflower Celery Sticks & Dip 29	Chicken Nuggets & WG Pretzel Vegetarian Variety Frozen Juice Cup Baby Carrots Cucumber Slices 30

It's Farm to School
Month!
*Pizza & Salads
Served Daily*

Halloween Icy Cup
with meal
10/30

Variety of fresh fruit and
milk offered daily.

Nutrition & Allergen
Info available on
our webpage!
Lunch - \$3.70

@ucfsdnutrition

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

WEEKLY MS BREAKFAST MENU

Low Fat Yogurt Parfait
with Granola

Assorted Breakfast Pastries

Assorted Breakfast Sandwiches

Assorted Cereals

Fruit Juice

Variety of Fresh Fruit

Low Fat & Non Fat Milk

**Breakfast is free for all
students**

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