

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER

Cafeteria Circus:

"Where school meals take center stage!"

This institution is an equal opportunity provider.

5

Red Chicken Tamale
w/Refried Beans

6

Teriyaki Chicken
w/Broccoli & Rice

7

- Breaded Chicken Drumstick w/Mashed Potatoes & Cornbread
- BBQ Beans

8

- Spaghetti w/Meat Sauce
- Seasonal Vegetables

9

Bone-In Chicken
Wings w/Mac & Cheese

12 NO
SCHOOL

13

Orange Chicken
w/Broccoli & Rice

14

- Chicken & Waffles
- Corn

15

- BBQ Pulled Pork Mac & Cheese
- BBQ Beans

16

Alfredo Penne
w/Garlic Bread

NATIONAL SCHOOL LUNCH WEEK: OCTOBER 12 - 16

19

Meatball Sub

20

Popcorn Chicken &
Mashed Potato Bowl

21

- Walking Tacos w/Shredded Lettuce & Diced Tomatoes
- Refried Beans

22

Cheesy Pasta Bake
w/Garlic Bread

23

Kung Pao Chicken
w/Chow Mein

26

Red Chicken Tamale
w/Refried Beans

27

Teriyaki Chicken
w/Broccoli & Rice

28

- Breaded Chicken Drumstick w/Mashed Potatoes & Cornbread
- BBQ Beans

29

- Spaghetti w/Meat Sauce
- Corn

30

Bone-In Chicken
Wings w/Mac & Cheese

DAILY LUNCH CHOICES:

Buzz Cheeseburger
Chicken Sandwich
Spicy Chicken Sandwich
Pizza Variety
Yogurt Parfait w/Fruit & Granola

THE FRESH & LEAFY LUNCH MARKETPLACE

MONDAY

Buffalo Chicken
Salad

Kane Sauce Chicken
Wrap

TUESDAY

Asian Chicken Salad

Buffalo Chicken
Wrap

WEDNESDAY

Spicy Chicken Salad

Turkey & Cheese
Grinder

THURSDAY

Penne Chicken
Caesar Salad

Southwest Chicken
Wrap

FRIDAY

Honey Bee Fiesta
Salad

California Turkey
Sandwich

Condiments: Ketchup, Mustard, Mayonnaise, Tapatio Sauce, Soy Sauce, Tajin, Ranch Dressing

DAILY SIDE LUNCH

OPTIONS:

Seasonal Fresh Fruit
Frozen Fruit Cup Variety (Mon/Fri)
Garden Salad Shakers
Seasoned Potato Wedges (Mon/Wed)
Variety Chips (Tue/Thu)
Baby Carrots
Fresh Cut Fruit Cups
Fresh Cut Vegetable Cups

All grains are whole-grain rich.
Students must select a ½ cup of
fruit and / or a ½ cup of
vegetables with their meal.

Meals are offered with non-fat
chocolate milk or 1% white milk.

Reminder!
ALL Rialto USD
Students eat
FREE!