

| Monday                                                                                                               | Tuesday                                                                                                    | Wednesday                                                                                                                         | Thursday                                                                                               | Friday                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
|                                                                                                                      |                                                                                                            |                                                                                                                                   | 1<br>Chicken Tenders<br>Broccoli<br>Fresh or Chilled Fruit<br>String Cheese/Pears                      | 2<br>Chicken Patty on Whole Wheat Bun<br>Mixed Veggies<br>Fresh or Chilled Fruit<br>Pretzels/ Apples          |
| 5<br>Spaghetti with Marinara<br>Broccoli<br>Fresh or Chilled Fruit<br>Ritz Crackers/Apple Slices                     | 6<br>Chicken Tacos with Lettuce, Cheese, Salsa<br>Fresh or Chilled Fruit<br>Animal Crackers/Tropical Fruit | 7<br>Chicken Wings with Whole Wheat Roll<br>Green Beans<br>Fresh or Chilled Fruit<br>Cheez-It Crackers/Pears                      | 8<br>Pancakes<br>Turkey Sausage<br>Fresh or Chilled Fruit<br>Saltine Crackers/Diced peaches            | 9<br>Turkey and Provolone Cheese Wrap with Chips<br>Fresh or Chilled Fruit<br>Yogurt/Banana                   |
| 12<br><b>Indigenous Peoples' Day</b><br><b>Merritt Academy Closed</b>                                                | 13<br>BBQ Turkey Meatballs<br>Zucchini<br>Fresh or Chilled Fruit<br>Applesauce/Teddy Grahams               | 14<br>Beef Nachos, Cheese, Salsa<br>Carrots<br>Fresh or Chilled Fruit<br>Graham Crackers/Tropical Fruit                           | 15<br>Pulled BBQ Chicken Sandwich<br>Corn<br>Fresh or Chilled Fruit<br>Animal Crackers/Banana          | 16<br>Buffalo Chicken Wrap with Ranch Dressing<br>Chips<br>Fresh or Chilled Fruit<br>Nutri-Grain Bars/Oranges |
| 19<br>Cheese Pizza<br>California Blend Vegetables<br>Fresh or Chilled Fruit<br>Saltine Crackers/Pineapples           | 20<br>Beef Tacos with Cheese & Salsa<br>Fresh or Chilled Fruit<br>Fig Newtons/Applesauce                   | 21<br>Penne Chicken Alfredo<br>Whole Wheat Roll<br>Mixed Vegetables<br>Fresh or Chilled Fruit<br>Goldfish Crackers/Tropical fruit | 22<br>French Toast Sticks with Syrup<br>Turkey Sausage<br>Fresh or Chilled Fruit<br>Fig Newtons/Banana | 23<br>Turkey and Cheddar Cheese Wrap<br>Chips<br>Fresh or Chilled Fruit<br>Ritz Crackers/Banana               |
| 26<br>Baked Ziti with Marinara Sauce<br>Mixed Vegetables<br>Fresh or Chilled Fruit<br>Graham Crackers/Tropical Fruit | 27<br>Chicken Tacos with Cheese and Salsa<br>Fresh or Chilled Fruit<br>Pretzels/Apple Slices               | 28<br>Sloppy Joe on a Wheat Bun<br>Corn<br>Fresh or Chilled Fruit<br>Goldfish Crackers/Pears                                      | 29<br>Turkey Corndogs<br>Mixed Vegetables<br>Fresh or Chilled Fruit<br>Teddy Grahams/Tropical Fruit    | 30<br>Chicken Nuggets<br>Green Beans<br>Fresh or Chilled Fruit<br>Ritz Crackers/Apple Slices                  |