



All breakfast meals are offered with nonfat chocolate or 1% white milk, and a ½ cup of fruit. Students must select a ½ cup of fruit with their meal. All grains are wholegrain rich.

OCTOBER

Elem. B.I.C. 1

5

Breakfast Cluster

Orange Slices
Wild Berry Juice

6

Egg Bites

Applesauce
Orange Juice

7

Double Chocolate Chip Bar

Apple Slices
Apple Juice

8

Maple Pancake & Chicken Sausage Sandwich

Banana
Wild Berry Juice

9

Banana Bread

Raisels
Orange Juice

12

NO SCHOOL

13

Cinnamon Roll

Craisins
Orange Juice

14

Yogurt & Granola

Apple Slices
Apple Juice

15

Breakfast Burrito

Banana
Wild Berry Juice

16

Wowbutter Sandwich

Raisels
Orange Juice

19

Cereal

Orange Slices
Wild Berry Juice

20

Breakfast Bowl

Applesauce
Orange Juice

21

Bagel Dots

Apple Slices
Apple Juice

22

Breakfast Sandwich

Banana
Wild Berry Juice

23

Concha

Raisels
Orange Juice

26

Breakfast Cluster

Orange Slices
Wild Berry Juice

27

Egg Bites

Applesauce
Orange Juice

28

Double Chocolate Chip Bar

Apple Slices
Apple Juice

29

Maple Pancake & Chicken Sausage Sandwich

Banana
Wild Berry Juice

30

Banana Bread

Raisels
Orange Juice

This institution is an equal opportunity provider.



- Yogurt & Graham Crackers Offered Daily (Entrée Alternative)
- Fruit Variety Served Daily
- 1% white milk or Non-fat Chocolate milk offered daily

October

Elementary Lunch

5 Chicken Sandwich
Carrot Sticks
Ranch Dressing

6 Teriyaki Beef Dippers w/Rice
Cucumber Slices
Ranch Dressing

7 Breaded Chicken Drums w/Cornbread
Fresh Broccoli
Potato Wedges
Ranch Dressing
Catsup

1 Nachos
Romaine Salad
Corn
Ranch Dressing
Salsa

2 Mac & Cheese
Romaine Salad
Grape Tomatoes
Ranch Dressing

8 Hot Dogs
Chili Beans
Romaine Salad
Ranch Dressing
Catsup
Mustard

9 Creamy Alfredo Penne w/Breadstick
Cucumber
Grape Tomatoes
Ranch Dressing

Cafeteria
"Where school meals take center stage."
Circus

13 The Amazing! Teriyaki Chicken w/Rice!
Romaine Salad
Strong-Man Broccoli
Ranch Dressing

14 Trapeze Chicken Tenders & Balance Beam Waffles
Romaine Salad
Juggling Corn Kernels
Ranch Dressing

15 Lion Tamer Pasta Bake w/Meat Sauce
Romaine Salad
Carrot Sticks
Ranch Dressing

16 Ring Master Detroit Style Pizza
Romaine Salad
Grape Tomatoes
High-Dive Ranch Dressing

National School Lunch Week: October 12 - 16

19 Fish Sticks w/Garlic Bread Stick
Romaine Salad
Carrot Sticks
Ranch Dressing
Catsup

20 Tempura Nuggets w/Texas Toast
Romaine Salad
BBQ Beans
Ranch Dressing
Catsup

21 Orange Chicken w/Chow Mein
Romaine Salad
Broccoli
Ranch Dressing

22 Nachos
Romaine Salad
Corn
Ranch Dressing
Salsa

23 Creamy Alfredo Penne w/Breadstick
Romaine Salad
Grape Tomatoes
Ranch Dressing

26 Red Chicken Tamale w/Refried Beans
Carrot Sticks
Ranch Dressing

27 Teriyaki Beef Dippers w/Rice
Cucumber Slices
Ranch Dressing

28 Breaded Chicken Drums w/Cornbread
Fresh Broccoli
Potato Wedges
Ranch Dressing
Catsup

29 Hot Dogs
Chili Beans
Romaine Salad
Ranch Dressing
Catsup
Mustard

30 Mac & Cheese w/Breadstick
Cucumber
Grape Tomatoes
Ranch Dressing

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