

# OCTOBER 2019

**DON'T FORGET YOUR CHOICE OF MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Choice of Milk	<b>2</b> Yogurt Cup w/ Granola Fruit Variety Choice of Milk	<b>3</b> Breakfast Bun Fruit Variety Choice of Milk	<b>4</b> Banana Muffin Cocoa Puff / Zac Bar Fruit Variety Choice of Milk
<b>7</b> Cocoa Puff Cereal Animal Cracker Fruit Variety Choice of Milk	<b>8</b> Breakfast Donut Fruit Variety Choice of Milk	<b>9</b> Apple Jacks String Cheese Fruit Variety Choice of Milk	<b>10</b> Blueberry Muffin Graham's Bug Bites Fruit Variety Choice of Milk	<b>11</b> Cinnamon Raisin Bagel w/ Cream Cheese Fruit Variety Choice of Milk
<b>14</b> 	<b>15</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Choice of Milk	<b>16</b> Yogurt Cup w/ Granola Fruit Variety Choice of Milk	<b>17</b> Breakfast Bun Fruit Variety Choice of Milk	<b>18</b> Banana Muffin Cocoa Puff / Zac Bar Fruit Variety Choice of Milk
<b>21</b> Cocoa Puff Cereal Animal Cracker Fruit Variety Choice of Milk	<b>22</b> Breakfast Donut Fruit Variety Choice of Milk	<b>23</b> Apple Jacks String Cheese Fruit Variety Choice of Milk	<b>24</b> Blueberry Muffin Fruit Variety Choice of Milk	<b>25</b> Cinnamon Raisin Bagel w/ Cream Cheese Fruit Variety Choice of Milk
<b>28</b> Lucky Charms Cereal Fruit Variety Choice of Milk	<b>29</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Choice of Milk	<b>30</b> Yogurt Cup w/ Granola Fruit Variety Choice of Milk	<b>31 HALLOWEEN</b> Breakfast Bun Fruit Variety Choice of Milk	


**\*Menu subject to change\***

**\*This institution is an equal opportunity provider\***

**BREAKFAST  
PREK**

# OCTOBER 2019

**DON'T FORGET YOUR  
MILK**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Milk	<b>2</b> Yogurt Cup w/ Granola Fruit Variety Milk	<b>3</b> Breakfast Bun Fruit Variety Milk	<b>4</b> Banana Muffin Cocoa Puff / Zac Bar Fruit Variety Milk
<b>7</b> Cocoa Puff Cereal Fruit Variety Milk	<b>8</b> Breakfast Donut Fruit Variety Milk	<b>9</b> Apple Jacks String Cheese Fruit Variety Milk	<b>10</b> Blueberry Muffin Graham's Bug Bites Fruit Variety Milk	<b>11</b> Cinnamon Raisin Bagel w/ Cream Cheese Fruit Variety Milk
<b>14</b> 	<b>15</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Milk	<b>16</b> Yogurt Cup w/ Granola Fruit Variety Milk	<b>17</b> Breakfast Bun Fruit Variety Milk	<b>18</b> Banana Muffin Cocoa Puff / Zac Bar Fruit Variety Milk
<b>21</b> Cocoa Puff Cereal Fruit Variety Milk	<b>22</b> Breakfast Donut Fruit Variety Milk	<b>23</b> Apple Jacks String Cheese Fruit Variety Milk	<b>24</b> Blueberry Muffin Fruit Variety Milk	<b>25</b> Cinnamon Raisin Bagel w/ Cream Cheese Fruit Variety Milk
<b>28</b> Lucky Charms Cereal Fruit Variety Milk	<b>29</b> Double Chocolate Oatmeal Bar Graham's Bug Bites Fruit Variety Milk	<b>30</b> Yogurt Cup w/ Granola Fruit Variety Milk	<b>31 HALLOWEEN</b> Breakfast Bun Fruit Variety Milk	

\*Menu subject to change\*

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# OCTOBER 2019

**DON'T FORGET YOUR CHOICE OF MILK**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Nachos w/ Ground Beef Mixed Veggies Fresh Cherry Tomatoes Fruit Variety Choice of Milk	<b>2</b> Chicken Wrap Fresh Broccoli Chocolate Chip Cookies Fruit Variety Choice of Milk	<b>3</b> Chicken Tenders Mashed Potatoes Mixed Veggies Fruit Variety Choice of Milk	<b>4</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Choice of Milk
<b>7</b> Popcorn Chicken Veggie Baked Beans Mixed Salad Ketchup/Ranch Dressing Fruit Variety Choice of Milk	<b>8</b> Meatball Sub Tasty Tots Chocolate Chip Cookie Ketchup Fruit Variety Choice of Milk	<b>9</b> Yummy Chick' Penne Dinner Roll Corn Niblets Fruit Variety Choice of Milk	<b>10</b> Breakfast for Lunch Green Beans French Fries Fruit Variety Choice of Milk	<b>11</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Choice of Milk
<b>14</b> 	<b>15</b> Chicken Sandwich Veggies Baked Beans Tasty Tots Ketchup Fruit Variety Choice of Milk	<b>16</b> Taco Salad w/ Ground Turkey Steamed Broccoli Fruit Variety Choice of Milk	<b>17</b> Turkey Dog French Fries Fresh Cherry Tomatoes Ketchup/Mustard Fruit Variety Choice of Milk	<b>18</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Choice of Milk
<b>21</b> Hamburger French Fries Mixed Salad Ketchup/Ranch Dressing Fruit Variety Choice of Milk	<b>22</b> Chicken Tenders Mashed Potatoes Green Beans Casserole Chocolate Chip Cookie Ketchup Fruit Variety Choice of Milk	<b>23</b> Sloppy Joe Steamed Broccoli Corn Niblets Fruit Variety Choice of Milk	<b>24</b> Chicken Nuggets over White Rice Veggie Baked Beans Carrot Coins Ketchup Fruit Variety Choice of Milk	<b>25</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Choice of Milk
<b>28</b> Cheeseburger Tasty Tots Veggie Baked Beans Ketchup Fruit Variety Choice of Milk	<b>29</b> Nachos w/ Ground Beef Mixed Veggies Fresh Cherry Tomatoes Fruit Variety Choice of Milk	<b>30</b> Chicken Wrap Fresh Broccoli Chocolate Chip Cookies Fruit Variety Choice of Milk	<b>31 HALLOWEEN</b> Chicken Tenders Mashed Potatoes Mixed Veggies Fruit Variety Choice of Milk	*Menu subject to change* *This institution is an equal opportunity provider*

**LUNCH K-8  
PREK**

# OCTOBER 2019

**DON'T FORGET YOUR  
MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Nachos w/ Ground Beef Mixed Veggies Fresh Cherry Tomatoes Fruit Variety Milk	<b>2</b> Chicken Wrap Fresh Broccoli Chocolate Chip Cookies Fruit Variety Milk	<b>3</b> Chicken Tenders Mashed Potatoes Mixed Veggies Fruit Variety Milk	<b>4</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>7</b> Popcorn Chicken Veggie Baked Beans Mixed Salad Ketchup/Ranch Dressing Fruit Variety Milk	<b>8</b> Meatball Sub Tasty Tots Chocolate Chip Cookie Ketchup Fruit Variety Milk	<b>9</b> Yummy Chick' Penne Dinner Roll Corn Niblets Fruit Variety Milk	<b>10</b> Breakfast for Lunch Green Beans French Fries Fruit Variety Milk	<b>11</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>14</b> 	<b>15</b> Chicken Sandwich Veggies Baked Beans Tasty Tots Ketchup Fruit Variety Milk	<b>16</b> Taco Salad w/ Ground Turkey Steamed Broccoli Fruit Variety Milk	<b>17</b> Turkey Dog French Fries Fresh Cherry Tomatoes Ketchup/Mustard Fruit Variety Milk	<b>18</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>21</b> Hamburger French Fries Mixed Salad Ketchup/Ranch Dressing Fruit Variety Milk	<b>22</b> Chicken Tenders Mashed Potatoes Green Beans Casserole Ketchup Fruit Variety Milk	<b>23</b> Sloppy Joe Steamed Broccoli Corn Niblets Fruit Variety Milk	<b>24</b> Chicken Nuggets over Veggie Baked Beans Carrot Coins Ketchup Fruit Variety Milk	<b>25</b> Cheese Pizza Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>28</b> Cheeseburger Tasty Tots Veggie Baked Beans Ketchup Fruit Variety Milk	<b>29</b> Nachos w/ Ground Beef Mixed Veggies Fresh Cherry Tomatoes Fruit Variety Milk	<b>30</b> Chicken Wrap Fresh Broccoli Chocolate Chip Cookies Fruit Variety Milk	<b>31 HALLOWEEN</b> Chicken Tenders Mashed Potatoes Mixed Veggies Fruit Variety Milk	<b>*Menu subject to change* *This institution is an equal opportunity provider*</b>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Nachos w/ Ground Turkey Yummy Chik' Penne (OP) Mixed Veggies Fresh Cherry Tomatoes Cheez-Its Fruit Variety Milk	<b>2</b> Chicken Wrap Chicken Alfredo w/ A Twist (OP) Fresh Broccoli Corn Nibbles Chocolate Chip Cookies Ranch Dressing Fruit Variety Milk	<b>3</b> Chicken Tenders w/ Rice Rice & Cheese w/ Meatballs (OP) Mashed Potatoes Mixed Veggies Ketchup Fruit Variety Milk	<b>4</b> Cheese Pizza Stuffed Breadstick (OP) Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>7</b> Popcorn Chicken Hamburger (OP) Veggies Baked Beans Mixed Salad Celery Sticks White Rice Ketchup/Ranch Dressing Fruit Variety Milk	<b>8</b> Meatball Sub Chicken Wrap (OP) Tasty Tots Chocolate Chip Cookie Ketchup Fruit Variety Milk	<b>9</b> Yummy Chik' Penne Sloppy Joe (OP) Dinner Roll Corn Niblets Mixed Veggies Fruit Variety Milk	<b>10</b> Breakfast for Lunch Turkey & Cheese Sandwich (OP) Green Beans French Fries Sun Chips Fruit Variety Milk	<b>11</b> Cheese Pizza Stuffed Breadstick (OP) Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>14</b> 	<b>15</b> Chicken Sandwich Chicken Wrap (OP) Veggies Baked Beans Tasty Tots Cheez-Its Ketchup Fruit Variety Milk	<b>16</b> Taco Salad w/ Ground Turkey Turkey & Cheese Sandwich (OP) Carrot Coins Steamed Broccoli Graham Crackers / Scooby Doo Fruit Variety Milk	<b>17</b> Turkey Dog Nachos w/ Ground Turkey (OP) Green Beans French Fries Graham Crackers / Bug Bites Ketchup/Mustard Fruit Variety Milk	<b>18</b> Cheese Pizza Stuffed Breadstick (OP) Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>21</b> Hamburger Popcorn Chicken (OP) French Fries Mixed Salad Dill Pickles Graham Crackers / Bug Bites Ketchup/Mustard Fruit Variety Milk	<b>22</b> Chicken Tenders Lasagna w/ Ground Turkey (OP) Mashed Potatoes Green Beans Chocolate Chip Cookie Ketchup Fruit Variety Milk	<b>23</b> Sloppy Joe Pasta Salad w/ Cheese (OP) Steamed Broccoli Corn Niblets Fruit Variety Milk	<b>24</b> Chicken Nuggets over White Rice Mini Turkey Corn Dogs (OP) Veggies Baked Beans Carrot Coins Ketchup Fruit Variety Milk	<b>25</b> Cheese Pizza Stuffed Breadstick (OP) Mixed Salad Baby Carrots Ranch Dressing Fruit Variety Milk
<b>28</b> Cheeseburger Grilled Cheese Sandwich (OP) Tasty Tots Veggies Baked Beans Ketchup Fruit Variety Milk	<b>29</b> Nachos w/ Ground Turkey Yummy Chik' Penne (OP) Mixed Veggies Fresh Cherry Tomatoes Cheez-Its Fruit Variety Milk	<b>30</b> Chicken Wrap Chicken Alfredo w/ A Twist (OP) Fresh Broccoli, Corn Nibbles Chocolate Chip Cookies Ranch Dressing Fruit Variety Milk	<b>31 HALLOWEEN</b> Chicken Tenders w/ Rice Rice & Cheese w/ Meatballs (OP) Mashies Potatoes, Mixed Veggies Ketchup Fruit Variety Milk	*Menu subject to change* This institution is an equal opportunity provider. (OP) = Optional

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Elf Graham Crackers Fresh Orange Apple Juice String Cheese	<b>2</b> Sun Chips Craisins Orange Juice Yogurt	<b>3</b> Scooby Doo Snacks Banana Apple Juice String Cheese	<b>4</b> Chocolate Gripz Craisins Orange Juice Yogurt
<b>7</b> Blueberry Muffin Fresh Apple String Cheese	<b>8</b> Honey Granola Bar Raisins Apple Juice Yogurt	<b>9</b> Cheez Its Fresh Banana Apple Juice String Cheese	<b>10</b> Banana Muffin Fresh Apple Yogurt	<b>11</b> Animal Crackers Fresh Orange Apple Juice String Cheese
<b>14</b> 	<b>15</b> Elf Graham Crackers Fresh Orange Apple Juice String Cheese	<b>16</b> Sun Chips Craisins Orange Juice Yogurt	<b>17</b> Scooby Doo Snack Banana Apple Juice String Cheese	<b>18</b> Chocolate Gripz Orange Juice Craisins Yogurt
<b>21</b> Blueberry Muffin Fresh Apple String Cheese	<b>22</b> Honey Granola Bar Raisins Apple Juice Yogurt	<b>23</b> Cheez Its Fresh Banana Apple Juice String Cheese	<b>24</b> Banana Muffin Fresh Apple Yogurt	<b>25</b> Animal Crackers Fresh Orange Apple Juice String Cheese
<b>28</b> Baked Goldfish Crackers Apple Yogurt	<b>29</b> Elf Graham Crackers Fresh Orange Apple Juice String Cheese	<b>30</b> Sun Chips Craisins Orange Juice Yogurt	<b>31 HALLOWEEN</b> Scooby Doo Snack Banana Apple Juice String Cheese	

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