



OCTOBER 2023 BREAKFAST MENU

DAILY ENTRÉE ALTERNATES

**Asst. Cereals or Pop Tarts
with Fruit**

OTHER ITEMS AVAILABLE DAILY

**Asst. Yogurt
Asst. Fresh/Canned Fruit
Choice of Milk
Asst. 100% Fruit Juice**

Monthly Health Tip

Get outdoors!

Enjoy the crisp, cool air by getting outdoors! Start a new family tradition by going on a family walk before or after dinner.

**All meals are reimbursable.*

**All student meals are free as we participate in a program called CEP (Community Eligibility Provision).*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 2 BREAKFAST SANDWICH W/ FRUIT | 3 POWDERED DONUTS W/ FRUIT | 4 BREAKFAST BURRITO W/ FRUIT | 5 Early Dismissal CINNAMON ROLL W/ FRUIT | 6 IN-SERVICE DAY NO SCHOOL |
| 9 HOLIDAY NO SCHOOL | 10 BREAKFAST DANISH W/ FRUIT | 11 BREAKFAST BURRITO W/ FRUIT | 12 MINI PANCAKES W/ FRUIT | 13 SWEET BREAD W/ FRUIT |
| 16 BREAKFAST SANDWICH W/ FRUIT | 17 CHURROS W/ FRUIT | 18 BREAKFAST BURRITO W/ FRUIT | 19 MINI WAFFLES W/ FRUIT | 20 MUFFINS W/ FRUIT |
| 23 BREAKFAST SANDWICH W/ FRUIT | 24 SCONE W/ FRUIT | 25 BREAKFAST BURRITO W/ FRUIT | 26 CINN BLUEBERRY TWIST W/ FRUIT | 27 FRUIT TURNOVER W/ FRUIT |
| 30 BREAKFAST SANDWICH W/ FRUIT | 31 POWDERED DONUTS W/ FRUIT | 1 BREAKFAST BURRITO W/ FRUIT | 2 FRENCH TOAST BITES W/ FRUIT | 3 CINNAMON ROLL W/ FRUIT |

MENU SUBJECT TO CHANGE



OCTOBER | 2023 LUNCH MENU

DAILY ENTRÉE ALTERNATES

Snack Pack (Hardboiled Egg, Cheese, and Two Grain Items)
Specialty Salads (Available on select days only)

OTHER ITEMS AVAILABLE DAILY

Side Salad w/ Asst Dressing
Fresh/Canned Fruit
Choice of Milk
Water

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MENU SUBJECT TO CHANGE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 2 Chicken Parm Pasta Green Beans Hoagie Sandwich | 3 Pizza Burger Smiley Fries Broccoli Hoagie Sandwich | 4 Buffalo Chicken Sandwich Celery Sticks Hoagie Sandwich | 5 Early Dismissal Cheesy Breadsticks w/ Marinara Sauce Broccoli Hoagie Sandwich | 6 IN-SERVICE DAY NO SCHOOL |
| 9 HOLIDAY NO SCHOOL | 10 Chicken Tenders French Fries Peas Pepperoni Sandwich | 11 Walking Taco Refried Beans Corn Pepperoni Sandwich | 12 Turkey Mashed Potatoes Mixed Veggies Pepperoni Sandwich | 13 Grilled Cheese Tomato Soup Pepperoni Sandwich |
| 16 Chicken Nuggets Veg Fried Rice Edamame Italian Wrap | 17 Salisbury Steak Mashed Potatoes Dinner Roll Italian Wrap | 18 Omelet Pancakes Fruit Cup Italian Wrap | 19 Rotini w/ Meatballs Italian Wrap | 20 Hot Ham & Cheese on Pretzel Roll Italian Wrap |
| 23 Chicken Drumsticks Parsley Potatoes Mixed Veggies PB&J Sandwich | 24 Chili Dogs French Fries Baked Beans PB&J Sandwich | 25 Chicken Patty Sandwich Peas PB&J Sandwich | 26 Meatball Hoagie Broccoli PB&J Sandwich | 27 Pizza Wedding Soup Carrots PB&J Sandwich |
| 30 Chicken Parm Pasta Green Beans Hoagie Sandwich | 31 Pizza Burger Smiley Fries Broccoli Hoagie Sandwich | 1 Buffalo Chicken Sandwich Celery Sticks Hoagie Sandwich | 2 Gyro w/ Tzatziki Sauce Edamame Hoagie Sandwich | 3 Cheesy Breadsticks w/ Marinara Sauce Broccoli Hoagie Sandwich |