

Breakfast Menu

October 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|----------------------------------|---|--|
| Sept 30 Honey Nut Cheerios Strawberry Yogurt Fresh fruit Juice | 1 Banana Bread Strawberry Yogurt Fresh Fruit Juice | 2 No Breakfast | 3 Oatmeal Muffin Squares Raspberry Yogurt Fresh Fruit | 4 Breakfast Pizza w/Eggs Fresh Fruit |
| 7 Cinnamon Rolls Raspberry Yogurt Fresh Fruit | 8 Pancakes w/ Maple Syrup Fresh fruit Juice | 9 No Breakfast | 10 Breakfast Frittata Whole Wheat Toast Fresh Fruit | 11 Peanut Butter & Banana Sandwich* Fresh Fruit |
| 14 Yogurt Parfait w/Granola Fresh fruit Juice | 15 Baked French Toast Hard Boiled Eggs Fresh Fruit | 16 No Breakfast | 17 Honey Nut Cheerios Raspberry Yogurt Fresh Fruit Juice | 18 Buttermilk Biscuits Sausage Gravy Fresh Fruit |
| 21 Breakfast Burrito Fresh fruit Juice | 22 Banana Bread Strawberry Yogurt Fresh Fruit Juice | 23 No Breakfast | 24 Yogurt Parfait w/Granola Fresh fruit Juice | 25 No School |
| 28 Oatmeal Muffin Squares Raspberry Yogurt Fresh Fruit | 29 Pancakes w/Maple Syrup Fresh fruit Juice | 30 No Breakfast | 31 No School | 1 No School |

***Non-peanut alternatives are available for students with allergies.**

Choice of 1% or nonfat milk with each meal.

Lunch Menu

October 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| Sept 30 Chef Salad w/Chicken Garlic Bread Sweet potato fries | 1 Veggie Frittata Fresh Bread Baked Sweet Potato Seasoned Black Beans Salad Bar | 2 Lemon Parsley Fish Cakes Hummus & Pita Roasted Broccoli Salad Bar Juice | 3 Chicken Curry Brown Rice Carrot Raisin Salad Salad Bar | 4 Rockfish Tacos Oven Fries Kale Chips Salad Bar Chocolate Milk |
| 7 The 5K PB & J Kale Chips Sweet Potato Fries Baked Beans | 8 Chili Con Carne Baked Potato Corn Bread Chips and Salsa Salad Bar | 9 Salmon Pasta Casserole Fresh Bread Steamed Broccoli Salad Bar Juice | 10 Hawaiian Chicken Wrap Chips and Salsa Celery & Hummus | 11 Salmon Burgers Tasty Tots Seasoned Black Beans Chocolate Milk |
| 14 Chicken Nuggets Pasta-Vegetable Salad Chips and Salsa Oven Fries Salad Bar | 15 Meat and Cheese Pizza Pasta-Vegetable Salad w/Parmesan Salad Bar | 16 Creole Fish Brown Rice Tasty Tots Seasoned Black Beans Salad Bar Juice | 17 Harvest Stew w/Cheddar Cheese Fresh Bread Sweet Potato Fries Kale Chips | 18 Grilled Cheese Veggie Tomato Soup Chocolate Milk Early Release |
| 21 Hawaiian Chicken Wrap Chips and Salsa Celery & Hummus | 22 Spaghetti w/Meat Sauce Garlic Bread Three Bean Salad Salad Bar | 23 Garlic Baked Fish Lemon Couscous Savory Carrots Salad Bar Juice | 24 Mac and Trees Garlic Bread Celery w/ PB Dip Salad Bar Chocolate Milk | 25 No School |
| 28 Blackened Salmon w/Horseradish Fresh Bread Oven Fries Carrot-Raisin Salad Chocolate Milk | 29 Confetti Soup w/Parmesan Brown Rice Savory Carrots Salad Bar | 30 Fish Sticks w/Tartar Sauce Cole Slaw Seasoned Black Beans Chips and Salsa Juice | 31 No School | 1 No School |

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| House Salad Green Lettuce Red Lettuce Spinach Kale Cucumbers Red Onions Dressing | | | | |
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Choice of 1% or nonfat milk offered with each meal.