




OCTOBER K-5 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Daily Deli Options</u> <ul style="list-style-type: none"> • MONDAY- Bagel & Cream Cheese w/ String Cheese & Seeds • TUESDAY- Turkey, Ham & Cheese Hoagie w/ Sunflower Seeds • WEDNESDAY- Fruit & Granola Parfait Lunch • THURSDAY- Turkey, Ham & Cheese Hoagie w/ Sunflower Seeds • FRIDAY- Turkey & Cheese Sandwich w/ Sunflower Seeds • EVERYDAY- Yogurt Meal w/ Sunflower Seeds & Crackers 		1 <u>Breakfast</u> Banana Chocolate Chip Oatmeal Round <u>Lunch</u> Fish Sticks French Fries Cole Slaw	2 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Crispy Chicken Burger SunChips	3 <u>Breakfast</u> Mini-Cini Bar <u>Lunch</u> Pepperoni Rippers Caesar Salad
6 <u>Breakfast</u> Strawberry Bagel-ful <u>Lunch</u> Nachos w/Seasoned Beef & Cheese Sauce	7 <u>Breakfast</u> Benefit Bar <u>Lunch</u> Teriyaki Chicken & Rice, Fortune Cookie	8 <u>Breakfast</u> Chocolate Chip Muffin <u>Lunch</u> Egg, Cheese & Sausage McMuffin	9 <u>Breakfast</u> Ultimate Breakfast Round <u>Lunch</u> Pasta Marinara With Meatballs Homemade Garlic Toast	10 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Chicken Tenders Tater Tots
13  No School Staff Professional Development Day	14 <u>Breakfast</u> Mini Waffle <u>Lunch</u> Homemade Beef Vegetable Soup Grilled Cheese Sandwich	15 <u>Breakfast</u> Banana Chocolate Chip Oatmeal Round <u>Lunch</u> Corndog Tater Tots	16 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Chicken & Vegetable Pot Stickers Stir Fried Rice	17 <u>Breakfast</u> Mini-Cini Bar <u>Lunch</u> Meat Lovers or Cheese Pizza Caesar Salad
20 <u>Breakfast</u> Strawberry Bagel-ful <u>Lunch</u> Sloppy Joes Fritos Corn Chips	21 <u>Breakfast</u> Benefit Bar <u>Lunch</u> Sweet & Sour Chicken & Rice, Fortune Cookie	22 <u>Breakfast</u> Chocolate Chip Muffin <u>Breakfast for Lunch</u> French Toast Sticks Sausage Links	23 <u>Breakfast</u> Ultimate Breakfast Round <u>Lunch</u> Chicken Alfredo Pasta Homemade Garlic Bread	24 <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Chicken Nuggets Mac & Cheese
27 <u>Breakfast</u> Banana Bread <u>Lunch</u> Cheese Quesadilla Black Bean & Corn Salsa	28 <u>Breakfast</u> Mini Waffle <u>Lunch</u> Homemade Chicken Veggie Soup Garlic Cheese Toast	29 <u>Breakfast</u> Banana Chocolate Chip Oatmeal Round <u>Lunch</u> Cheesy Breadstick Marinara Sauce	30 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Homemade Beef Chili Cheesy Bites	31 <u>Breakfast</u> Mini-Cini Bar <u>Lunch</u> Beef Hotdogs Baked Beans Chips

One % Low fat milk, fruit and veggies offered daily to complete your meal!

This institution is an equal opportunity provider and employer