



Monday	Tuesday	Wednesday	Thursday	Friday
29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
		Lemon Poppyseed Snackbread	Glazed Breakfast Bites	Apple Cinnamon Brekkie
6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Cereal Bowl	Banana Bread Slice	French Toast Loaf	Mini Cinnis	Glazed Donut
13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Cereal Bowl	Pumpkin Muffin	Bagel / Strawberry Cream Cheese	MEA	MEA
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Cereal Bowl	Blueberry Pomegranate Breakfast Bar	Banana Muffin	Apple Breakfast Bites	Choco Cake Donut
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Cereal Bowl	Pumkin Bread Slice	Bagel / Strawberry Cream Cheese	French Toast Bar	Brekkie
3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
Cereal Bowl	Apple Muffin	Vanilla Waffle	Cinnamon Swirl	No School

LUNCH

Breakfast includes 100% juice, and choice of milk or 2nd fruit

Monday	Tuesday	Wednesday	Thursday	Friday
29-Sep	30-Sep	1-Oct	2-Oct	3-Oct
		Penne Alfredo Sliced cucumbers & dip, and banana Alternate (S): Turkey & Cheese on bagel	Pulled Chicken Taco WG tortilla, lettuce, cheddar cheese & crema, black beans and watermelon cubes Alternate (S): Chicken club hoagie	Cheese Pizza Caesar salad and apple wedges
6-Oct	7-Oct	8-Oct	9-Oct	10-Oct
Mandarin Orange Chicken Veggie fried rice, celery, carrots & dip, and fruit cups Alternate (S): Pesto & Provolone Chicken bun	Popcorn Chicken Potato Stix, ketchup, WG roll, carrots and oranges. Alternate (S): Deli Turkey on WW bread / mayo	Macaroni Pasta w / Meatballs Marinara sauce, shredded mozzarella, greens & dressing, and banana Alternate (S): Bahn Mi Chicken on Flatbread	Chicken Corn Dog Ketchup, baked beans, cucumbers and watermelon cubes Alternate (S): Turkey & cheese on hoagie	Cheese Pizza Broccoli florets, baby carrots & dip, and apple wedges
13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Chicken Nuggets Ketchup & lime mayo; baby carrots & dip, fruit cup and choco chip cookie Alternate (S): Grilled chicken & cheese bun	Birria & Cheese Pupusa Lime slaw & salsa, steam green beans, and fresh orange Alternate (S): Turkey bun w/ mayo	Cheez-it Taco Cheez-its, beef, shred lettuce, shredded cheddar, cheesy refried beans, mild salsa, and banana Alternate (S): Chicken club hoagie	MEA	MEA
20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Chicken Drumsticks Mashed potatoes, celery sticks, WG roll and fruit cup Alternate (S): Turkey & cheese WW bread/ mayo	Buttermilk Pancakes Syrup, Colby Cheese omelet, baby carrots & dip, and orange Alternate (S): Citrus chicken bun	Beef Hot Dog WG bun, ketchup, baked beans, cucumbers Baked Cheetos and banana Alternate (S): Bahn Mi Chicken on Flatbread	Chicken Tamale Lime slaw & salsa, street corn, and watermelon Alternate (S): Chicken shred bun	Cheese Pizza Crisp broccoli w / dip, and apple
27-Oct	28-Oct	29-Oct	30-Oct	31-Oct
Chicken Nuggets Ketchup, Mac & Cheese, celery & carrots, and fruit cup Alternate (S): Grilled chicken & cheese bun	Beef Pretzed Dog Ketchup, steamed corn and orange Alternate (S): Deli Turkey, WW bread / mayo	Chicken & Egg Fried Rice Roasted broccoli & caluliflower medley, and banana Alternate (S): Bahn Mi Chicken on Flatbread	Beef Taco WG tortilla, lettuce, cheddar cheese, mild salsa, cheesy refried beans, and watermelon cubes Alternate (S): Turkey & cheese on hoagie	Cheese Pizza Chopped Italian salad and apple
3-Nov	4-Nov	5-Nov	6-Nov	7-Nov
Chicken Patty Sandwich WG Bun & ketchup, baked beans, carrot and fruit cup Alternate (S): Pesto & Provolone chicken bun	French Toast Sticks Syrup, sweet potato sticks, celery and orange Alternate (S): Turkey bun w/ mayo	Roasted Sliced Beef on Flatbread Lime slaw & Swiss cheese, steamed corn and banana Alternate (S): Citrus chicken bun	Sweet & Sour Chicken Seasoned rice, broccoli, carrots & dip, and watermelon cubes Alternate (S): Green Chicken wrap	No School Staff Development