

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|--|---|----------|
| 1 | 2 Breakfast: Whole Grain Omega Bar Lunch: Crispy Chicken Sandwich | 3 Breakfast: Yogurt with Granola Lunch: Meatless Italian Calzoni | 4 Breakfast: Whole Grain Bar Lunch: : Flame-Broiled Beef Cheeseburger | 5 Breakfast: Whole Grain Cinnamon Chex Lunch: : Chicken Potstickers | 6 Breakfast: Plain Bagel & Orange juice Lunch: Cheese Tamale or Combo Sandwich | 7 |
| 8 | 9 School not in Session PD PUC Wide | 10 Breakfast: whole grain Cheerios Lunch: Baked Mac and Cheese with chicken sausage | 11 Breakfast: Cinnamon Crumble Lunch: Chicken Tamale or creamy tomato curry | 12 Breakfast: Cheese Bean Burrito Lunch: Hot Dog or Cheese Pizza | 13 Breakfast: French toast & Orange juice Lunch: Chile Citrus Chicken Drumstick | 14 |
| 15 | 16 Breakfast: Cocoa Critters Cereal Lunch: Flame-Broiled Beef Cheeseburger | 17 Breakfast: Autumn Spice Muffin Lunch: Baked Mac & Cheese and Chicken Bites | 18 Breakfast: Yogurt with Granola Lunch: BBQ Chicken Quesadilla | 19 Breakfast: Plain Bagel Lunch: NEW Jerk chicken Drumstick & Pineapple Rice | 20 School Not in Session PD Retreat | 21 |
| 22 | 23 Breakfast: Whole Grain Cinnamon Chex Lunch: Chicken Bites or Pasta Alfredo | 24 Breakfast: French toast, sausage, egg & OJ Lunch: Mighty Meaty Deli Combo Sandwich | 25 Breakfast: Blueberry Bagel Lunch: Cheese Tamale | 26 Breakfast: whole grain Cheerios Lunch: Hot Dog | 27 Breakfast: Yogurt with Cinnamon Graham Lunch: Jumbo Caribbean Meatball | 28 |
| 29 | 30 Breakfast: Snow Flurries Cereal Bowl Lunch: Crispy Chicken Sandwich | 31 Breakfast: Yogurt & Orange Juice Lunch: Meatless Italian Calzoni | | | | |