



October/ Octubre

Excel Charter Academy

Meal Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Zac Omega/ Crispy chicken sandwich</i>	3 <i>French toast muffin/ Meatless Calzoni</i>	4 <i>Turkey cheddar cheesy omelet Gordita/ Cheeseburger</i>	5 <i>Egg & cheese sausage quesadilla/ Chicken Pot sticker</i>	6 <i>Plain Bagel/ Cheese Tamale</i>	7
8 	9 <i>Columbus Day No School</i>	10 <i>Blueberry Bagel/ Flame broiled pepper jack cheeseburger</i>	11 <i>Chicken sausage & cheese Gordi- ta Creamy tomato curry with</i>	12 <i>Cheesy bean breakfast Burrito/ Hot Dog</i>	13 <i>French Toast Muffin/ Cheesy Ravioli</i>	14
15	16 <i>Cereal/ Cheeseburger</i>	17 <i>Classic cheese omelet/ Baked mac & cheese chicken bites</i>	18 <i>Southwest Chicken chorizo & cheese/ BBQ chicken Quesadilla</i>	19 <i>Cheddar cheese omelet Gordita/ Chicken teriyaki</i>	20 <i>Blueberry Muffin Bean & cheese Quesadilla</i>	21
22 	23 <i>Cereal/ Creamy pasta Alfredo</i>	24 <i>French toast turkey sausage & cheese/Baked mac & cheese</i>	25 <i>Pepper Jack cheese omelet Gordita/ Cheese Tamale</i>	26 <i>Egg cheese & chicken sau- sage quesadilla Hot Dog</i>	27 <i>Zac omega bar/ Chicken salad Sub</i>	28
29	30 <i>Cereal/ Spaghetti</i>	31 <i>French Toast maple turkey sausage/ Meatless Calzoni</i>				