

# Breakfast Menu



october 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Pan Dulce(170) Whole Fruit 2(85) Whole Fruit (Nectarine)(85) 1% White Milk(94) Fat Free White Milk(26)	2	3
4 Whole Grain Bagel w/ Cream Cheese(170) Whole Fruit (85) Orange(85) 1% White Milk(94) Fat Free White Milk(26)	5 Mini Blueberry Pancakes(160) Orange(80) Whole Fruit (Nectarine)(80) 1% White Milk(88) Fat Free White Milk(24)	6 Mantecada Sweet Bread(160) Pear(80) Whole Fruit 2(80) 1% White Milk(88) Fat Free White Milk(24)	7 Breakfast Cheese Tamale(160) Whole Fruit (80) 100% Fruit Juice (160) 1% White Milk(77) Fat Free White Milk(35)	8 Pineapple Empanada(160) Craisins(40) Whole Fruit 2(80) 1% White Milk(77) Fat Free White Milk(35)	9	10
11 Chocolate Chip Muffin Flat (160) Whole Fruit (80) Orange(80) 1% White Milk(77) Fat Free White Milk(35)	12 Bean & Cheese Burrito(160) Orange(60) Whole Fruit (Nectarine)(80) 1% White Milk(77) Fat Free White Milk(35)	13 Mango Bar(160) Apple Sauce(64) Whole Fruit 2(80) 1% White Milk(77) Fat Free White Milk(35)	14 Egg & Cheese Sandwich (160) Whole Fruit (80) 100% Fruit Juice (160) 1% White Milk(77) Fat Free White Milk(35)	15 Apple Jacks w/ Granola(50) Craisins(20) Whole Fruit 2(40) 1% White Milk(50)	16	17
18 Coffee Cake(160) Whole Fruit (80) Orange(80) 1% White Milk(77) Fat Free White Milk(35)	19 Mini Banana Pancakes (160) Orange(80) Whole Fruit (Nectarine)(80) 1% White Milk(77) Fat Free White Milk(35)	20 Strawberry Yogurt Parfait w/ Granola(160) Pear(80) 1% White Milk(77) Fat Free White Milk(35)	21 Chicken & Waffle w/ Syrup(160) Whole Fruit (80) 100% Fruit Juice (160) 1% White Milk(77) Fat Free White Milk(35)	22 Strawberry Muffin(160) Craisins(64) Whole Fruit 2(80) 1% White Milk(77) Fat Free White Milk(35)	23	24
25 Cinnamon Delight(160) Whole Fruit (80) Orange(80) 1% White Milk(77) Fat Free White Milk(35)	26 Mini Maple Pancakes(160) Orange(80) Whole Fruit (Nectarine)(80) 1% White Milk(77) Fat Free White Milk(35)	27 Cranberry Oatmeal Round(160) Apple Sauce(64) Whole Fruit 2(80) 1% White Milk(77) Fat Free White Milk(35)	28 Chicken Sausage & Pancake w/ Syrup(160) Whole Fruit (80) 100% Fruit Juice (160) 1% White Milk(77) Fat Free White Milk(35)	29 Pan Dulce(175) Craisins(40) Whole Fruit 2(90) 1% White Milk(70) Fat Free White Milk(35)	30	31

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



# Lunch Menu



october 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Chicken Enchiladas w/ Red Sauce (165) Mixed Green Salad w/ Ranch(50) Apple(83) 1% White Milk(99) Fat Free Chocolate Milk(25)	2	3
4 Cheddar Cheeseburger w/ Oven Baked Fries(165) Pear(83) 1% White Milk(35) Fat Free Chocolate Milk(77)	5 Chicken Teriyaki w/ Yakisoba Noodles(170) Baby Carrots(51) 100% Fruit Juice (85) 1% White Milk(26) Fat Free Chocolate Milk(102)	6 Chicken Nuggets & Mash(170) Pinto Bean Salad(51) Banana(85) 1% White Milk(35) Fat Free Chocolate Milk(77)	7 Buffalo Chicken Salad w/ Wheat Crackers (170) Baby Carrots 2(60) Orange(90) 1% White Milk(35) Fat Free Chocolate Milk(77)	8 Chicken Salad Sandwich (70) Chicken Taco Salad w/ Nacho Chips(90) House Salad w/ Italian(20) Apple(80) 1% White Milk(35) Fat Free Chocolate Milk(70)	9	10
11 Cheddar Cheeseburger w/ Oven Baked Fries(160) Pear(80) 1% White Milk(35) Fat Free Chocolate Milk(77)	12 Beef Nachos w/ Tortilla Chips(100) Turkey Ham & Cheese Croissant w/ Baby Carrots(70) Baby Carrots(51) 100% Fruit Juice (170) 1% White Milk(35) Fat Free Chocolate Milk(77)	13 Chicken Nuggets & Mash(170) Edamame w/ Hot Sauce(40) Banana(85) 1% White Milk(35) Fat Free Chocolate Milk(77)	14 Buffalo Chicken Salad w/ Wheat Crackers (170) Baby Carrots 2(51) Orange(85) 1% White Milk(35) Fat Free Chocolate Milk(77)	15 Beef, Bean & Cheese Burrito(100) Chicken Taco Salad w/ Nacho Chips(70) Kale & Green Apple Salad w/ Ranch(40) Apple(85) 1% White Milk(35) Fat Free Chocolate Milk(77)	16	17
18 Cheeseburger w/ Oven Baked Fries(170) Pear(85) 1% White Milk(35) Fat Free Chocolate Milk(77)	19 Beef Nachos w/ Tortilla Chips(10) Mediterranean Chicken Salad w/ Sour Cream Chips(130) Baby Carrots(42) 100% Fruit Juice (70) 1% White Milk(21) Fat Free Chocolate Milk(84)	20 Chicken Nuggets & Mash(170) Edamame w/ Tajin(40) Banana(100) 1% White Milk(35) Fat Free Chocolate Milk(77)	21 Buffalo Chicken Salad w/ Wheat Crackers (160) Baby Carrots 2(48) Orange(80) 1% White Milk(35) Fat Free Chocolate Milk(77)	22 Hamburger w/ BBQ Popped Chips (70) Lettuce, Tomato, Pickle Kit(30) Apple(35) 1% White Milk(35) Fat Free Chocolate Milk(35)	23	24
25 Beef Hot Dog on WG Bun w/ Oven Baked Fries(170) Pear(85) 1% White Milk(35) Fat Free Chocolate Milk(70)	26 Chicken Tamale w/ Mixed Vegetables (170) Baby Carrots(51) 100% Fruit Juice (170) 1% White Milk(35) Fat Free Chocolate Milk(70)	27 Chicken Alfredo Pasta w/ Steamed Broccoli & Holiday Cookie(170) Banana(85) 1% White Milk(26) Fat Free Chocolate Milk(102)	28 Baked Ziti w/ Meat Sauce(170) Baby Carrots 2(51) Orange(85) 1% White Milk(26) Fat Free Chocolate Milk(102)	29 Beef, Bean & Cheese Burrito(70) Mixed Green Salad w/ Ranch(21) Apple(35) Fat Free Chocolate Milk(35)	30	31

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



# Snack Menu



october 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 WG Mini Loaf(50) 100% Fruit Juice Snack(50)	2	3
4 WG Cheese Puffs(50) Orange(50)	5 WG Strawberry Chex Mix(50) Apple(50)	6 WG Honey Grahams(50) 100% Fruit Juice Snack(50)	7 WG Mini Corn Muffin(50) Pear(50)	8 WG Cinnamon Gripz(50) 100% Fruit Juice (50)	9	10
11 WG Multi-Grain Bar(50) Orange(50)	12 Baked Chips 2(50) Apple(50)	13 WG Pretzels(50) 100% Fruit Juice Snack(50)	14 WG Rice Krispie Treat(50) Pear(50)	15 WG Cinnamon Grahams(50) 100% Fruit Juice (50)	16	17
18 WG Graham Crackers(50) Orange(50)	19 WG Pop-Tart(50) Apple(50)	20 WG Cereal Pouch(50) 100% Fruit Juice Snack(50)	21 WG Baked Chips(50) Pear(50)	22 WG Cheese Puffs(50) 100% Fruit Juice (50)	23	24
25 WG Pretzels(50) Orange(50)	26 Cinnamon Granola (50) Apple(50)	27 Baked Chips 2(50) 100% Fruit Juice Snack(50)	28 WG Strawberry Chex Mix(50) Pear(50)	29 WG Mini Loaf(50) 100% Fruit Juice (50)	30	31

## MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.

