

Breakfast Menu



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pan Dulce Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk
4 Whole Grain Bagel w/ Cream Cheese Orange 1% White Milk Fat Free White Milk	5 Apple Jacks w/ Cinnamon Grahams Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	6 Mantecada Sweet Bread Pear 1% White Milk Fat Free White Milk	7 Breakfast Cheese Tamale 100% Fruit Juice 1% White Milk Fat Free White Milk	8 Pineapple Empanada Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
11 Chocolate Chip Muffin Flat Orange 1% White Milk Fat Free White Milk	12 Apple Jacks w/ Cinnamon Grahams Orange 1% White Milk Fat Free White Milk	13 Mango Bar Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	14 Egg & Cheese Sandwich Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	15 Apple Jacks w/ Granola Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
18 Coffee Cake Orange 1% White Milk Fat Free White Milk	19 Apple Jacks w/ Cinnamon Grahams Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	20 Yogurt Parfait w/ Strawberries & Granola Pear 1% White Milk Fat Free White Milk	21 Froot Loops w/ Cinnamon Grahams Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	22 Strawberry Muffin Craisins Whole Fruit 2 1% White Milk Fat Free White Milk
25 Cinnamon Delight Whole Fruit Orange 1% White Milk Fat Free White Milk	26 Mini Maple Pancakes Orange Whole Fruit (Nectarine) 1% White Milk Fat Free White Milk	27 Frosted Flakes w/ Chocolate Grahams Apple Sauce Whole Fruit 2 1% White Milk Fat Free White Milk	28 Chicken Sausage & Pancake w/ Syrup Whole Fruit 100% Fruit Juice 1% White Milk Fat Free White Milk	29 Pan Dulce Craisins Whole Fruit 2 1% White Milk Fat Free White Milk

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
				1 *Chicken Enchiladas w/ Red Sauce *Mixed Green Salad w/ Ranch Apple Fat Free Chocolate Milk
4 *Italian Combo Sandwich w/ Side of Baked Fries *Beef Chili Cheese Fries w/ Churro Chips Pear 1% White Milk Fat Free White Milk	5 *Chicken Teriyaki w/ Yakisoba Noodles *Mediterranean Chicken Salad w/ Sour Cream Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	6 *Chicken Nuggets & Mash *Turkey & Cheese Sandwich on Hawaiian Roll w/ Baby Carrots Pinto Bean Salad Banana 1% White Milk Fat Free White Milk	7 *Chicken Burrito Bowl w/ WG Cookie *Buffalo Chicken Salad w/ Wheat Crackers Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	8 *Meatball Sub Sandwich *Chicken Taco Salad w/ Nacho Chips House Salad w/ Italian Apple 1% White Milk Fat Free Chocolate Milk
11 *Chicken Patty Burger w/ Oven Baked Fries *Italian Combo Sandwich w/ Side of Baked Fries Pear 1% White Milk Fat Free White Milk	12 *Beef Nachos w/ Tortilla Chips *Mediterranean Chicken Salad w/ Sour Cream Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	13 *Chicken Nuggets & Mash *Mexican Chicken Salad w/ Tortilla Chips Jicama & Bean Salad w/ Tajin Dressing Banana 1% White Milk Fat Free White Milk	14 Breakfast for Lunch: *Pancakes, Chicken Sausage & Seasoned Wedges *Soybuttre & Jelly Sandwich w/ Fruitable Juice Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	15 Pizza Kale & Green Apple Salad w/ Ranch Apple 1% White Milk Fat Free Chocolate Milk
18 *Cheeseburger w/ Oven Baked Fries *Italian Combo Sandwich w/ Side of Baked Fries Pear 1% White Milk Fat Free White Milk	19 *Turkey Chili w/ Original Popped Chips *Mediterranean Chicken Salad w/ Sour Cream Chips Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	20 *Orange Chicken w/ Not- So-Fried Rice *Mexican Chicken Salad w/ Tortilla Chips Sweet Edamame Salad Banana 1% White Milk Fat Free White Milk	21 *Spaghetti & Meatballs *Buffalo Chicken Salad w/ Wheat Crackers Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	22 Pizza Lettuce, Tomato, Pickle Kit Apple 1% White Milk Fat Free Chocolate Milk
25 *Beef Hot Dog on WG Bun w/ Oven Baked Fries *Cheeseburger w/ Oven Baked Fries Pear 1% White Milk Fat Free White Milk	26 *Chicken Tamale w/ Mixed Vegetables (130) *Turkey Ham & Cheese Croissant Baby Carrots 100% Fruit Juice 1% White Milk Fat Free White Milk	27 *Chicken Alfredo Pasta w/ Steamed Broccoli & Holiday Cookie *Mexican Chicken Salad w/ Tortilla Chips Tuscan White Bean Salad Banana 1% White Milk Fat Free White Milk	28 *BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll *Buffalo Chicken Salad w/ Wheat Crackers Baby Carrots 2 Orange 1% White Milk Fat Free White Milk	29 *Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Apple 1% White Milk Fat Free Chocolate Milk

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