

Breakfast October 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>As of 9/20/2021 EM</p> 				<p>1 Banana Bread CHEERIOS MULTIGRAIN Graham Crackers Orange Orange Juice Nonfat Chocolate Milk 1% White Milk</p>
<p>4 Pan Dulce Rice Krispie Cereal Graham Crackers Applesauce Cup Orange Juice Nonfat Chocolate Milk 1% White Milk *No Meal Service at Intermediate Schools</p>	<p>5 Mini Blueberry Waffles Golden Grahams Cereal String Cheese Pear Cups Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>6 Strawberry Yogurt Apple Jacks Cereal Graham Crackers Apple Slices Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>7 Chicken Tamale Trix Cereal String Cheese Grapes Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>8 Chorizo Breakfast Bowl Multigrain Cheerios Cereal Graham Crackers Orange Orange Juice Nonfat Chocolate Milk 1% White Milk</p>
<p>11 Pan Dulce Rice Krispie Cereal Graham Crackers Applesauce Cup Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>12 Chorizo & Egg Burrito Golden Grahams Cereal String Cheese Pear Cups Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>13 Eggs and Sausage Apple Jacks Cereal Graham Crackers Apple Slices Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>14 Mini Confetti Pancakes Trix Cereal String Cheese Grapes Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>15 Banana Bread CHEERIOS MULTIGRAIN Graham Crackers Orange Orange Juice Nonfat Chocolate Milk 1% White Milk</p>
<p>18 Pan Dulce Rice Krispie Cereal Graham Crackers Applesauce Cup Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>19 Mini Blueberry Waffles Golden Grahams Cereal String Cheese Pear Cups Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>20 Strawberry Yogurt Apple Jacks Cereal Graham Crackers Apple Slices Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>21 Chicken Tamale Trix Cereal String Cheese Grapes Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>22 Chorizo Breakfast Bowl Multigrain Cheerios Cereal Graham Crackers Orange Orange Juice 1% White Milk Nonfat Chocolate Milk</p>
<p>25 Pan Dulce Rice Krispie Cereal Graham Crackers Applesauce Cup Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>26 Chorizo & Egg Burrito Golden Grahams Cereal String Cheese Pear Cups Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>27 Eggs and Sausage Apple Jacks Cereal Graham Crackers Apple Slices Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>28 Mini Confetti Pancakes Trix Cereal String Cheese Grapes Orange Juice Nonfat Chocolate Milk 1% White Milk</p>	<p>29 Banana Bread CHEERIOS MULTIGRAIN Graham Crackers Orange Orange Juice Nonfat Chocolate Milk 1% White Milk</p>

Lunch October 2021



Monday

Tuesday

Wednesday

Thursday

Friday

As of 9/27/2021 EM

Assorted Juice will be available during lunch for Intermediate Schools.



1 Meatloaf w/ Corn Dinner Roll
Bean & Cheese Burrito
Chili Lime Baby Carrots
Cucumber Slices
Applesauce Cup
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

4 French Bread Pepperoni Pizza
Grape PBJ Sandwich
Chili Lime Baby Carrots
Corn
Pear Cups
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

5 Shredded Beef Burrito
Mac & Cheese*
Cheez-It Crackers
Chili Lime Baby Carrots
Broccoli
Apple Slices
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

6 Turkey & Cheese Sub
Cheese Quesadilla
Chili Lime Baby Carrots
Tater Tots
Grapes
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

7 Breaded Chicken Sandwich
Beef Stuffed Sandwich*
Chili Lime Baby Carrots
Pinto Beans w/ Cheese
Orange
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

8 Beef Hot Dog
Cheese Stick
Marinara Cup
Chili Lime Baby Carrots
Cucumber Slices
Applesauce Cup
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

*No Meal Service at Intermediate Schools

11 Bean & Cheese Pupusa
Mini Cheeseburger
Sliders
Chili Lime Baby Carrots
Corn
Pear Cups
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

12 Chicken & Rice Bowl
3 - Cheese Calzone
Chili Lime Baby Carrots
Broccoli
Apple Slices
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

13 100% Beef Hamburger
Grilled Cheese Sandwich
Chili Lime Baby Carrots
Lettuce & Tomato Cup
Grapes
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

14 Beef Nachos w/ Tortilla Chips
Galaxy Cheese Pizza
Chili Lime Baby Carrots
Pinto Beans w/ Cheese
Orange
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

15 Meatloaf w/ Corn Dinner Roll
Bean & Cheese Burrito
Chili Lime Baby Carrots
Cucumber Slices
Applesauce Cup
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

NATIONAL SCHOOL LUNCH WEEK OCTOBER 11TH - 15TH

18 French Bread Pepperoni Pizza
Grape PBJ Sandwich
Chili Lime Baby Carrots
Corn
Pear Cups
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

19 Shredded Beef Burrito
Mac & Cheese*
Cheez-It Crackers
Chili Lime Baby Carrots
Broccoli
Apple Slices
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

20 Turkey & Cheese Sub
Cheese Quesadilla
Chili Lime Baby Carrots
Tater Tots
Grapes
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

21 Breaded Chicken Sandwich
Beef Stuffed Sandwich*
Chili Lime Baby Carrots
Pinto Beans w/ Cheese
Orange
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

22 Beef Hot Dog
Cheese Stick
Marinara Cup
Cucumber Slices
Applesauce Cup
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

25 Bean & Cheese Pupusa
Mini Cheeseburger
Sliders
Chili Lime Baby Carrots
Corn
Pear Cups
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

26 Chicken & Rice Bowl
3 - Cheese Calzone
Chili Lime Baby Carrots
Broccoli
Apple Slices
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

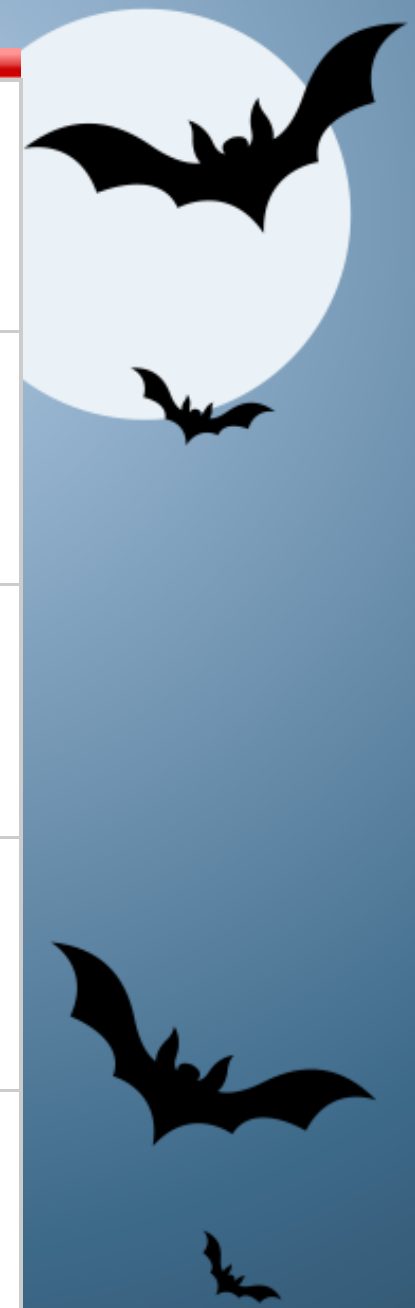
27 100% Beef Hamburger
Grilled Cheese Sandwich
Chili Lime Baby Carrots
Lettuce & Tomato Cup
Grapes
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

28 Beef Nachos w/ Tortilla Chips
Galaxy Cheese Pizza
Chili Lime Baby Carrots
Pinto Beans w/ Cheese
Orange
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing

29 Meatloaf w/ Corn Dinner Roll
Bean & Cheese Burrito
Chili Lime Baby Carrots
Cucumber Slices
Applesauce Cup
1% White Milk
Nonfat Chocolate Milk
Ranch Dressing



October 2021 Supper Menu



Monday

Tuesday

Wednesday

Thursday

Friday

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER

MENU SUBJECT TO CHANGE

*Item made with whole grains

<p>4 Turkey & Cheese Anytimer* Yam Sticks Apple Juice 1% White Milk</p>	<p>5 Grape PBJ Sandwich Jicama Sticks Apple Slices Nonfat Chocolate Milk</p>	<p>6 Chocolate Muffin Top* String Cheese Honey Roasted Sunflower Seeds Celery Sticks Grapes 1% White Milk</p>	<p>7 Bagel* String Cheese x2 Broccoli & Cauliflower Florets Dried Cranberries - Assorted Flavors Nonfat Chocolate Milk</p>	<p>8 Jalapeno Nacho Cheese Cup Trix Yogurt Tortilla Chips, 1oz* Baby Carrots Wildberry Juice 1% White Milk</p>
<p>11 Turkey Ham & Cheese Anytimer* Yam Sticks Apple Juice 1% White Milk</p>	<p>12 Strawberry PBJ Sandwich* Jicama Sticks Apple Slices Nonfat Chocolate Milk</p>	<p>13 Apple Muffin Top* String Cheese Honey Roasted Sunflower Seeds Celery Sticks Grapes 1% White Milk</p>	<p>14 Bagel* Diced Turkey Ham Peanut Butter Broccoli & Cauliflower Florets Dried Cranberries - Assorted Flavors Nonfat Chocolate Milk</p>	<p>15 Cinnamon Toast Crunch Cereal* Chili Lime Cranberry Trail Mix String Cheese Baby Carrots Wildberry Juice 1% White Milk</p>
<p>18 Turkey & Cheese Anytimer* Yam Sticks Apple Juice 1% White Milk</p>	<p>19 Grape PBJ Sandwich Jicama Sticks Apple Slices Nonfat Chocolate Milk</p>	<p>20 Chocolate Muffin Top* String Cheese Honey Roasted Sunflower Seeds Celery Sticks Grapes 1% White Milk</p>	<p>21 Bagel* Diced Turkey Ham String Cheese Broccoli & Cauliflower Florets Dried Cranberries - Assorted Flavors Nonfat Chocolate Milk</p>	<p>22 Jalapeno Nacho Cheese Cup Trix Yogurt Tortilla Chips, 1oz* Baby Carrots Wildberry Juice 1% White Milk</p>
<p>25 Turkey Ham & Cheese Anytimer* Yam Sticks Apple Juice 1% White Milk</p>	<p>26 Strawberry PBJ Sandwich* Jicama Sticks Apple Slices Nonfat Chocolate Milk</p>	<p>27 Apple Muffin Top* String Cheese Honey Roasted Sunflower Seeds Celery Sticks Grapes 1% White Milk</p>	<p>28 Bagel* Diced Turkey Ham Peanut Butter Broccoli & Cauliflower Florets Dried Cranberries - Assorted Flavors Nonfat Chocolate Milk</p>	<p>29 Cinnamon Toast Crunch Cereal* Chili Lime Cranberry Trail Mix String Cheese Baby Carrots Wildberry Juice 1% White Milk</p>