

# October Breakfast Menu

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
Muffin  
Orange  
100% Juice  
Milk

**2**  
Mini Cinni  
Apple  
100% Juice  
Milk

**3**  
Yogurt  
& Graham Cracker  
Tangerine  
100% Juice  
Milk

**4**  
Cereal Bar  
Fresh Fruit Variety  
100% Juice  
Milk

**FALL BREAK**  
**October 7 - 11**

**14**  
**NO SCHOOL**

**15**  
Apple Frudel  
Orange  
100% Juice  
Milk

**16**  
Honey Bun  
Apple  
100% Juice  
Milk

**17**  
Cinnamon Toast  
Pastry  
Tangerine  
100% Juice  
Milk

**18**  
Pop-Tart  
Fresh Fruit Variety  
100% Juice  
Milk

**21**  
Cocoa Puffs Cereal  
Pear  
100% Juice  
Milk

**22**  
Donut  
Orange  
100% Juice  
Milk

**23**  
Mini Cinni  
Apple  
100% Juice  
Milk

**24**  
Yogurt  
& Graham Cracker  
Tangerine  
100% Juice  
Milk

**25**  
Pancake  
Fresh Fruit Variety  
100% Juice  
Milk

**28**  
Cinnamon Toast  
Crunch Cereal  
Pear  
100% Juice  
Milk

**29**  
Oatmeal Round  
Orange  
100% Juice  
Milk

**30**  
Strawberry Bagel  
Apple  
100% Juice  
Milk

**31**  
Cinnamon Toast  
Pastry  
Tangerine  
100% Juice  
Milk

Choice of Milk: Milk is given at every meal. Offer two varieties in fat content and/or flavor. Fat-free flavored, fat-free plain, 1% plain.

Menu is subject to change due to supply chain issues.



This institution is an equal opportunity provider.

# October Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

**1**  
Chicken Tenders  
Corn  
Pear  
Milk

**2**  
Chicken Alfredo  
Broccoli  
Tangerine  
Milk

**3**  
Pizza  
Celery  
Apple  
Milk

**4**  
Quesadilla  
Baby Carrots  
Salsa  
Orange  
Milk

**FALL BREAK**  
October 7 - 11

**14**  
  
**NO SCHOOL**

**15**  
Chicken Sandwich  
Corn  
Pear  
Milk

**16**  
Meatball Marinara  
Broccoli  
Tangerine  
Milk

**17**  
Nachos  
Salsa  
Baby Carrots  
Apple  
Milk

**18**  
Corndog  
Baby Carrots  
Orange  
Milk

**21**  
Nachos  
Salsa  
Baby Carrots  
Orange  
Milk

**22**  
Hot Dogs  
Mexican Corn  
Pear  
Milk

**23**  
Cheeseburgers  
Romaine Lettuce  
Tomatoes  
Tangerine  
Milk

**24**  
Pizza  
Celery  
Apple  
Milk

**25**  
Bean & Cheese Pupusa  
Baby Carrots  
Salsa  
Orange  
Milk

**28**  
Cheesy Breadsticks  
Marinara  
Baby Carrots  
Tangerine  
Milk

**29**  
Chicken Nuggets  
Beans  
Pear  
Milk

**30**  
Corn Dog  
Corn  
Orange  
Milk

**31**  
Bean & Cheese Burrito  
Celery  
Baby Carrots  
Apple  
Milk

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