

# October

## UNITIZED BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>corn chex/mini dipperdoodle bar/fruit (DF)</li> <li>skeeter CINN grahams/cinnamon rumbles/fruit</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>zee zees berry apple crisp bar/fruit (DF)</li> <li>RF flurries cereal/zac attack apple bar/fruit (DF)</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>blueberry muffin/fruit</li> <li>mini dipperdoodle/string cheese/fruit</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>COLD turkey and cheddar brekwich/fruit</li> <li>string cheese/skeeter CINN grahams/fruit</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>dipper doodle bar/fruit (DF)</li> <li>multigrain cheerios/zac attack strawberry/fruit (DF)</li> </ul> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>yogurt/skeeter HONEY grahams/fruit</li> <li>dipper doodle bar/fruit (DF)</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>cinnamon chex/zac attack apple/fruit (DF)</li> <li>zee zees berry apple crisp bar/fruit (DF)</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>autumn spice muffin/fruit</li> <li>COLD bagel sandwich w/turkey and cream cheese/fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>cinnamon crumble/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>yogurt/granola/fruit</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>mini dipper doodle/string cheese/fruit</li> <li>string cheese/skeeter CINN grahams/fruit</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>lemon muffin/fruit</li> <li>RF flurries cereal/zac attack apple bar/fruit (DF)</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>multigrain cheerios/zac attack strawberry/fruit (DF)</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>cheerios/zac attack apple/fruit (DF)</li> <li>COLD cheesy bagel sandwich/fruit</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>corn chex/mini dipperdoodle bar/fruit (DF)</li> <li>skeeter CINN grahams/cinnamon rumbles/fruit</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>yogurt/skeeter CINN grahams/fruit</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>autumn spice muffin/fruit</li> <li>zac omega bar blackberry/fruit (DF)</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>skeeter HONEY grahams/cinnamon rumbles/fruit (DF)</li> <li>cinnamon crumbles/fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>blueberry muffin/fruit</li> <li>multigrain cheerios/mini dipperdoodle bar/fruit (DF)</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>yogurt/skeeter HONEY grahams/fruit</li> <li>zee zees berry apple crisp bar/fruit (DF)</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>plain whole wheat bagel/cream cheese/fruit</li> <li>french toast muffin/fruit</li> </ul> <p style="text-align: right;">31</p>			

### what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.



# October

## HOT/COLD BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>RF cocoa critters cereal/fruit (DF)</li> <li>skeeter CINN grahams/cinnamon rumbles</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>HOT southwest chicken chorizo and cheese bagel sandwich/fruit</li> <li>zee zees berry apple crisp bar/fruit (DF)</li> <li>apple cinna-grins cereal/fruit (DF)</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>blueberry muffin/fruit</li> <li>mini dipperdoodle/string cheese/fruit</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>HOT cinnamon toast bagel/fruit</li> <li>turkey and cheddar brekwich/fruit</li> <li>string cheese/skeeter CINN grahams/fruit</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>dipper doodle bar/fruit (DF)</li> <li>multigrain cheerios/zac attack strawberry/fruit (DF)</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>yogurt/skeeter HONEY grahams/fruit</li> <li>dipper doodle bar/fruit (DF)</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>cinnamon chex/zac attack apple/fruit (DF)</li> <li>zee zees berry apple crisp bar/fruit (DF)</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>autumn spice muffin/fruit</li> <li>COLD bagel sandwich w/turkey and cream cheese/fruit</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>HOT chicken sausage and omelet gordita/fruit</li> <li>cinnamon crumble/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>french toast muffin/fruit</li> <li>yogurt/granola/fruit</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>mini dipperdoodle/string cheese/fruit</li> <li>string cheese/skeeter CINN grahams/fruit</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>HOT pancakes w/syrup/fruit</li> <li>lemon muffin/fruit</li> <li>RF snow flurries cereal/fruit</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>multi grain cheerios/zac attack strawberry/fruit (DF)</li> <li>plain whole wheat bagel/cream cheese/fruit</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>HOT french toast, maple turkey sausage, and egg/fruit</li> <li>french toast muffin/fruit</li> <li>blueberry burst whole grain bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>cheerios/zac attack apple/fruit (DF)</li> <li>COLD cheesy bagel sandwich/fruit</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>corn chex/mini dipperdoodle bar/fruit (DF)</li> <li>skeeter CINN grahams/cinnamon rumbles/fruit</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>HOT panada pie w/egg, cheese and green chillies/fruit</li> <li>yogurt/skeeter CINN grahams/fruit</li> <li>plain whole wheat bagel/cream cheese/fruit</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>autumn spice muffin/fruit</li> <li>zac omega bar blackberry/fruit (DF)</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>HOT turkey, pepper jack</li> <li>cheese, and omelet</li> <li>gordita/fruit</li> <li>apple cinna-grins cereal/fruit</li> <li>cinnamon crumble/fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>blueberry muffin/fruit</li> <li>multigrain cheerios/mini dipperdoodle bar/fruit (DF)</li> <li>orange juice option available</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>yogurt/skeeter HONEY grahams/fruit</li> <li>zee zees berry apple crisp bar/fruit (DF)</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>HOT mini cheese omelet w/french toast stick/fruit</li> <li>plain whole wheat bagel/cream cheese/fruit</li> <li>french toast muffin/fruit</li> </ul> <p style="text-align: right;">31</p>			

### what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.



# October

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>baked mac and cheese w/chicken bites</li> <li>cheese pizza panada pie (VG)</li> <li>turkey and cheddar sandwich</li> <li>mighty meaty deli combo sandwich</li> <li>DF option by request</li> <li>green beans</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>chicken parm pasta</li> <li>chicken fajita burrito</li> <li>hummus dippers (VG)</li> <li>garden ranch salad w/chicken</li> <li>DF option by request</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>chicken teriyaki w/brown rice (DF)</li> <li>pepper jack cheeseburger</li> <li>egg salad sandwich (VG)(DF)</li> <li>sesame chicken salad</li> <li>lettuce/sliced tomatoes w/ranch</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>revolution hot dog (DF)</li> <li>buffalo chicken sandwich</li> <li>sunny sandwich kit (VG)</li> <li>BBQ chicken wrap</li> <li>pinto beans/baby carrots</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken crunchadilla</li> <li>breakfast for lunch: pancakes w/sausage</li> <li>turkey and cheddar sandwich</li> <li>taco dippers kit (VG)</li> <li>DF option by request</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>6</b></p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>revolution hot dog (DF)</li> <li>uncle ted's BBQ drumstick w/cheesy rice</li> <li>mighty meaty deli combo sandwich</li> <li>cheddar cheese sandwich (VG)</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>9</b></p>	<ul style="list-style-type: none"> <li>cheese pizza (VG)</li> <li>flame broiled cheeseburger</li> <li>santa fe chile chicken and black bean wrap</li> <li>sesame chicken salad</li> <li>DF option by request</li> <li>sliced cucumber</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>spaghetti marinara w/mozzarella (VG)</li> <li>crispy chicken sandwich (DF)</li> <li>chicken pizza party salad</li> <li>southwest veggie wrap (VG)</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>chicken sausage and cheddar eggel sandwich</li> <li>chicken bites (DF)</li> <li>mighty meaty deli combo sandwich</li> <li>egg salad sandwich (VG)(DF)</li> <li>pinto beans/lettuce w/ranch</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>Italian "sausage" calzoni (VG)</li> <li>BBQ chicken w/cheesy rice</li> <li>fiesta scoops w/three layer dip (VG)</li> <li>turkey and cheddar sandwich</li> <li>chicken caesar wrap</li> <li>DF option by request</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>13</b></p>
<ul style="list-style-type: none"> <li>chili citrus drumstick w/rice (DF)</li> <li>buffalo chicken pizza</li> <li>turkey and cheddar sandwich</li> <li>cheddar cheese sandwich (VG)</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>revolution hot dog (DF)</li> <li>oven roasted chicken sandwich (DF)</li> <li>taco dippers kit (VG)</li> <li>chicken salad sandwich (DF)</li> <li>edamame/baby carrots</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>general tso's chicken</li> <li>hawaiian meatballs w/island style rice</li> <li>veggie's chef salad (VG)</li> <li>chicken caesar wrap</li> <li>DF option by request</li> <li>broccoli</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>pasta w/zesty beef</li> <li>cheese pizza panada pie (VG)</li> <li>honey mustard chicken wrap</li> <li>egg salad sandwich (VG)(DF)</li> <li>green beans</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>creamy tomato curry w/grilled chicken</li> <li>buffalo chicken crunchadilla</li> <li>turkey and cheddar sandwich</li> <li>sunny sandwich kit (VG)</li> <li>DF option by request</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>20</b></p>
<ul style="list-style-type: none"> <li>kickin chicken melt sandwich</li> <li>baked mac and cheese and BBQ chicken</li> <li>egg salad sandwich (VG)(DF)</li> <li>chicken salad sandwich (DF)</li> <li>green beans</li> </ul> <p style="text-align: right;"><b>23</b></p>	<ul style="list-style-type: none"> <li>flame broiled cheeseburger</li> <li>southern BBQ chicken sandwich</li> <li>mighty meaty deli combo sandwich</li> <li>cheddar cheese sandwich (VG)</li> <li>DF option by request</li> <li>lettuce/sliced tomatoes w/ranch</li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>hot meatball sub</li> <li>sweet garlic noodles w/chicken</li> <li>veggie taco salad (VG)</li> <li>santa fe chile chicken and black bean wrap</li> <li>DF option by request</li> <li>edamame/grape tomatoes</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>buffalo chicken pizza</li> <li>mama's tamale (DF)</li> <li>BBQ chicken wrap</li> <li>sunny sandwich kit (VG)</li> <li>corn and tomato salad</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>chicken potstickers (DF)</li> <li>spicy chicken chorizo and cheese eggel</li> <li>taco dippers kit (VG)</li> <li>turkey and cheddar sandwich</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>27</b></p>
<ul style="list-style-type: none"> <li>lone star BBQ chicken sandwich</li> <li>breakfast for lunch: pancakes w/sausage</li> <li>cheddar cheese sandwich (VG)</li> <li>mighty meaty deli combo sandwich</li> <li>DF option by request</li> <li>glazed carrots</li> </ul> <p style="text-align: right;"><b>30</b></p>	<ul style="list-style-type: none"> <li>HOT turkey and cheese flatbread sandwich</li> <li>creamy chicken alfredo</li> <li>sunny sandwich kit (VG)</li> <li>turkey and cheddar sandwich</li> <li>DF option by request</li> <li>steamed corn</li> </ul> <p style="text-align: right;"><b>31</b></p>			

## celebrate national school lunch week!

October 9-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

*Stop by the lunchroom and try something new!*

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o Vegetable of the day



# October

NSLP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• mini dipperdoodle/string cheese</li> <li>• goldfish pretzels/fruit</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>• educational snacks/string cheese</li> <li>• yogurt/fruit</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>• skeeter CINN grahams/fruit</li> <li>• goldfish cheese crackers/fruit</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>• zac attack bar apple/fruit</li> <li>• RF honey wheat crackers/sunbutter</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• goldfish "colors" cheddar crackers/string cheese</li> <li>• sunflower seeds/fruit</li> </ul> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>• multigrain rumbles - ranch/fruit</li> <li>• educational snacks/fruit</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>• skeeter HONEY grahams/fruit</li> <li>• mini dipperdoodle/fruit</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>• yogurt/fruit</li> <li>• RF honey wheat crackers/fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>• multigrain rumbles- salsa fresca/fruit</li> <li>• goldfish pretzels/juice</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• skeeter CINN grahams/fruit</li> <li>• string cheese/fruit</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>• yogurt/fruit</li> <li>• goldfish 'hot &amp; spicy' cheddar crackers/string cheese</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>• mini dipperdoodle/fruit</li> <li>• RF honey wheat crackers/string cheese</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>• educational snacks/string cheese</li> <li>• blazin hot seeds/fruit</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>• multigrain rumbles – salsa fresca/fruit</li> <li>• zac attack bar apple/fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• goldfish pretzels/juice</li> <li>• granola/string cheese</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>• mini dipperdoodle/fruit</li> <li>• RF honey wheat crackers/fruit</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>• educational snacks/sunbutter</li> <li>• sunflower seeds/fruit</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>• goldfish cheese crackers/string cheese</li> <li>• skeeter HONEY grahams/fruit</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>• zac attack bar strawberry/fruit</li> <li>• goldfish "hot &amp; spicy" cheddar crackers/fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>• blazin hot seeds/fruit</li> <li>• multigrain rumbles ranch/fruit</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>• mini dipperdoodle/string cheese</li> <li>• goldfish pretzels/fruit</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>• educational snacks/string cheese</li> <li>• yogurt/fruit</li> </ul> <p style="text-align: right;">31</p>			

## what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.



# October

## CACFP SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>RF honey wheat crackers/string cheese</li> <li>goldfish pretzels/fruit</li> </ul> <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> <li>educational snacks/string cheese</li> <li>yogurt/fruit</li> </ul> <p style="text-align: right;">3</p>	<ul style="list-style-type: none"> <li>skeeter CINN grahams/fruit</li> <li>goldfish cheese crackers/fruit</li> </ul> <p style="text-align: right;">4</p>	<ul style="list-style-type: none"> <li>skeeter CINN grahams/fruit</li> <li>RF honey wheat crackers/sunbutter</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>goldfish "colors" cheddar crackers/string cheese</li> <li>sunflower seeds/fruit</li> </ul> <p style="text-align: right;">6</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>goldfish cheese crackers/fruit</li> <li>educational snacks/fruit</li> </ul> <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> <li>skeeter HONEY grahams/fruit</li> <li>blazin hot seeds/fruit</li> </ul> <p style="text-align: right;">10</p>	<ul style="list-style-type: none"> <li>yogurt/fruit</li> <li>RF honey wheat crackers/fruit</li> </ul> <p style="text-align: right;">11</p>	<ul style="list-style-type: none"> <li>educational snacks/string cheese</li> <li>goldfish pretzels/juice</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>skeeter CINN grahams/fruit</li> <li>string cheese/fruit</li> </ul> <p style="text-align: right;">13</p>
<ul style="list-style-type: none"> <li>yogurt/fruit</li> <li>goldfish 'hot &amp; spicy' cheddar crackers/string cheese</li> </ul> <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> <li>goldfish cheese crackers/fruit</li> <li>RF honey wheat crackers/string cheese</li> </ul> <p style="text-align: right;">17</p>	<ul style="list-style-type: none"> <li>educational snacks/string cheese</li> <li>blazin hot seeds/fruit</li> </ul> <p style="text-align: right;">18</p>	<ul style="list-style-type: none"> <li>skeeter CINN grahams/fruit</li> <li>RF honey wheat crackers/fruit</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>goldfish pretzels/juice</li> <li>granola/string cheese</li> </ul> <p style="text-align: right;">20</p>
<ul style="list-style-type: none"> <li>string cheese/fruit</li> <li>RF honey wheat crackers/fruit</li> </ul> <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> <li>educational snacks/sunbutter</li> <li>sunflower seeds/fruit</li> </ul> <p style="text-align: right;">24</p>	<ul style="list-style-type: none"> <li>goldfish cheese crackers/string cheese</li> <li>skeeter HONEY grahams/fruit</li> </ul> <p style="text-align: right;">25</p>	<ul style="list-style-type: none"> <li>RF honey wheat crackers/sunbutter</li> <li>goldfish "hot &amp; spicy" cheddar crackers/fruit</li> </ul> <p style="text-align: right;">26</p>	<ul style="list-style-type: none"> <li>blazin hot seeds/fruit</li> <li>granola/string cheese</li> </ul> <p style="text-align: right;">27</p>
<ul style="list-style-type: none"> <li>RF honey wheat crackers/string cheese</li> <li>goldfish pretzels/fruit</li> </ul> <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> <li>educational snacks/string cheese</li> <li>yogurt/fruit</li> </ul> <p style="text-align: right;">31</p>			

### what's new?

Did you know that we serve only rBST-free milk? Filled with calcium, vitamin D, and protein, milk is full of the good stuff you need to grow strong bodies and minds.

*Don't forget to grab a carton of low-fat or non-fat milk with breakfast!*

Snack: fresh fruit available daily except when sunbutter, string cheese, or juice is served.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.



# October

## CACFP SUPPER

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• cheese pizza panada pie (VG)</li> <li>• turkey and cheddar sandwich</li> <li>• mighty meaty deli combo sandwich</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>• chicken fajita burrito</li> <li>• goldfish "colors" kit (VG)</li> <li>• garden ranch salad w/chicken</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>• chicken teriyaki w/brown rice (DF)</li> <li>• egg salad sandwich (DF)(VG)</li> <li>• sesame chicken salad</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>• buffalo chicken sandwich</li> <li>• sunny sandwich kit (VG)</li> <li>• BBQ chicken wrap</li> <li>• DF option by request</li> <li>• pineapple juice option available</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>• five cheese lasagna (VG)</li> <li>• turkey and cheddar sandwich</li> <li>• goldfish "pretzel" supper kit (VG)</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>6</b></p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>• uncle ted's BBQ chicken drumstick w/cheesy rice</li> <li>• island chicken flatbread</li> <li>• cheddar cheese sandwich (VG)</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>9</b></p>	<ul style="list-style-type: none"> <li>• cheese pizza (VG)</li> <li>• santa fe chile chicken and black bean wrap</li> <li>• sesame chicken salad</li> <li>• DF option by request</li> <li>• orange juice option available</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>• spaghetti and meatball (DF)</li> <li>• teriyaki glazed chicken sandwich</li> <li>• cheddar goldfish cracker kit (VG)</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>• chicken bites (DF)</li> <li>• mighty meaty deli combo sandwich</li> <li>• egg salad sandwich (VG)(DF)</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>• Italian "sausage" calzoni (VG)</li> <li>• turkey and cheddar sandwich</li> <li>• chicken caesar wrap</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>13</b></p>
<ul style="list-style-type: none"> <li>• buffalo chicken pizza</li> <li>• turkey and cheddar sandwich</li> <li>• goldfish "colors" kit (VG)</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>• revolution food hot dog (DF)</li> <li>• taco dippers kit (VG)</li> <li>• chicken salad sandwich (DF)</li> <li>• orange juice option available</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>• creamy chicken alfredo</li> <li>• veggie chef's salad (VG)</li> <li>• chicken caesar wrap</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>• pasta w/zesty beef</li> <li>• chicken and mozzarella wrap w/honey mustard</li> <li>• egg salad sandwich (VG)(DF)</li> <li>• pineapple juice option available</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>• cheesy chicken quesadilla</li> <li>• turkey and cheddar sandwich</li> <li>• sunny sandwich kit (VG)</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>20</b></p>
<ul style="list-style-type: none"> <li>• mac and cheese w/broccoli</li> <li>• egg salad sandwich (VG)(DF)</li> <li>• chicken salad sandwich (DF)</li> </ul> <p style="text-align: right;"><b>23</b></p>	<ul style="list-style-type: none"> <li>• pepper jack cheeseburger</li> <li>• mighty meaty deli combo sandwich</li> <li>• cheddar cheese sandwich (VG)</li> <li>• DF option by request</li> <li>• orange juice option available</li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>• BBQ chicken w/cheesy rice</li> <li>• veggie taco salad (VG)</li> <li>• santa fe chile chicken and black bean wrap</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>• buffalo chicken pizza</li> <li>• BBQ chicken wrap</li> <li>• goldfish pretzel supper kit (VG)</li> <li>• DF option by request</li> <li>• pineapple juice option available</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>• chicken potstickers (DF)</li> <li>• taco dippers kit (VG)</li> <li>• turkey and cheddar sandwich</li> </ul> <p style="text-align: right;"><b>27</b></p>
<ul style="list-style-type: none"> <li>• sloppy joe (DF)</li> <li>• cheddar cheese sandwich (VG)</li> <li>• mighty meaty deli combo sandwich</li> </ul> <p style="text-align: right;"><b>30</b></p>	<ul style="list-style-type: none"> <li>• creamy chicken alfredo</li> <li>• sunny sandwich kit (VG)</li> <li>• turkey and cheddar sandwich</li> <li>• DF option by request</li> </ul> <p style="text-align: right;"><b>31</b></p>			

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.



# October

## SUPPER GRAB & GO

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>turkey slider/sun seeds/carrots</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>2</b></p>	<ul style="list-style-type: none"> <li>fiesta chicken slider/celery</li> <li>cheddar goldfish/hard boiled egg/string cheese/carrots</li> <li>orange juice option available</li> </ul> <p style="text-align: right;"><b>3</b></p>	<ul style="list-style-type: none"> <li>sweet garlic noodles</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>4</b></p>	<ul style="list-style-type: none"> <li>BBQ chicken pizza chef kit</li> <li>goldfish pretzels/sunbutter/string cheese/celery</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;"><b>5</b></p>	<ul style="list-style-type: none"> <li>honey mustard chicken slider (DF)</li> <li>hot &amp; spicy goldfish/string cheese/sun seeds/carrots</li> </ul> <p style="text-align: right;"><b>6</b></p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<ul style="list-style-type: none"> <li>teriyaki glazed chicken</li> <li>cheddar goldfish/sun seeds/string cheese/carrots</li> </ul> <p style="text-align: right;"><b>9</b></p>	<ul style="list-style-type: none"> <li>chicken picnic pasta salad</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> <li>orange juice option available</li> </ul> <p style="text-align: right;"><b>10</b></p>	<ul style="list-style-type: none"> <li>fiesta chicken pizza chef kit</li> <li>goldfish pretzels/string cheese/sun seeds/carrots</li> </ul> <p style="text-align: right;"><b>11</b></p>	<ul style="list-style-type: none"> <li>sir rachas' chicken slider</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;"><b>12</b></p>	<ul style="list-style-type: none"> <li>BBQ chicken slider/chopped lettuce (DF)</li> <li>hot &amp; spicy goldfish/string cheese/sun seeds/carrots</li> </ul> <p style="text-align: right;"><b>13</b></p>
<ul style="list-style-type: none"> <li>cheese please! Pizza chef kit</li> <li>RF honey wheat crackers/subutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>16</b></p>	<ul style="list-style-type: none"> <li>turkey slider/sun seeds/carrots</li> <li>goldfish pretzels/sunbutter/string cheese/fruit</li> <li>orange juice option available</li> </ul> <p style="text-align: right;"><b>17</b></p>	<ul style="list-style-type: none"> <li>honey mustard chicken slider (DF)</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>18</b></p>	<ul style="list-style-type: none"> <li>fiesta chicken slider/celery</li> <li>cheddar goldfish/hard boiled egg/string cheese/carrots</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;"><b>19</b></p>	<ul style="list-style-type: none"> <li>BBQ chicken pizza chef kit</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>20</b></p>
<ul style="list-style-type: none"> <li>chicken salad slider/broccoli</li> <li>hot &amp; spicy goldfish/string cheese/sun seeds/carrots</li> </ul> <p style="text-align: right;"><b>23</b></p>	<ul style="list-style-type: none"> <li>BBQ chicken slider/chopped lettuce (DF)</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>24</b></p>	<ul style="list-style-type: none"> <li>teriyaki glazed chicken</li> <li>goldfish pretzels/string cheese/sun seeds/carrots</li> </ul> <p style="text-align: right;"><b>25</b></p>	<ul style="list-style-type: none"> <li>fiesta chicken pizza</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> <li>pineapple juice option available</li> </ul> <p style="text-align: right;"><b>26</b></p>	<ul style="list-style-type: none"> <li>chicken ranch slider/chopped lettuce</li> <li>cheddar goldfish/sun seeds/string cheese/carrots</li> </ul> <p style="text-align: right;"><b>27</b></p>
<ul style="list-style-type: none"> <li>turkey slider/sun seeds/carrots</li> <li>RF honey wheat crackers/sunbutter/string cheese/celery</li> </ul> <p style="text-align: right;"><b>30</b></p>	<ul style="list-style-type: none"> <li>honey mustard chicken slider (DF)</li> <li>cheddar goldfish/hard boiled egg/string cheese/carrots</li> <li>orange juice option available</li> </ul> <p style="text-align: right;"><b>31</b></p>			

Supper: choice of 1% or fat free milk. fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

