

OCTOBER 2024

Menu subject to change without notice!
Daily Breakfasts include Cereal and Juice.
All meals served with FF or Skim Milk.

BREAKFAST MENU

Monday



Tuesday

Wednesday

Thursday

Friday

1

Blueberry Glazed Donut
Holes (300)
Cheese Stick (110)

2

Poptarts (210)
Juice (60)

3

Biscuits & Gravy (273)
Juice (60)

National Cinnamon Roll Day!

Cinnamon Roll (215)
Bacon (82)
Fruit Cup (60)

7

8

Pancake Bites (300)
Bacon (82)
Juice (60)

9

Mini Blueberry Waffles
w/Syrup (210)
Ham (60)

10

Biscuits & Gravy (273)
Juice (60)

11

French Toast Sticks w/Syrup
Sausage (303)
Fruit Cup (60)

14

15

Mango Smoothie Bowl (290)
Toast (70)

16

Mini Cinnamon Waffles
w/Syrup (210)
Bacon (82)
Juice (60)

17

Biscuits & Gravy (273)
Juice (60)

18

Chocolate Chip French Toast
Sticks w/Syrup (291)
Ham (60)
Fruit Cup (60)

21

22

Blueberry Muffin (190)
Strawberry Yogurt Cup (90)
Sausage (82)

23

Maple Chip Mini Waffles
w/Syrup (210)
Bacon (82)
Juice (60)

24

Biscuits & Gravy (273)
Juice (60)

25

French Toast Sticks w/Syrup
Ham (60)
Fruit Cup (60)

28

Pancake Bites (300)
Sausage (82)
Juice (60)

29

National Oatmeal Day!
Rise n' Shine Strawberry
Oats w/ Toast (350)
Bacon (82)

30

Mini Blueberry Waffles
w/Syrup (210)
Ham (60)

31

HAPPY HALLOWEEN!!!!
Biscuits & Gravy (273)
EEK! Orange and Cream
Slushie (90)



OCTOBER 2024

LUNCH MENU

All meals served with ½ cup fruit & 8 oz unflavored low-fat, fat-free, or flavored milk

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 All meals served with FF or Skim Milk.
 Chef Salad (7-12) or PBJ, Ham, or Turkey sandwiches
 available Tuesday-Thursday as an alternate to the main
 entrée. These sandwiches can also be
 purchased a la carte.

Monday



Tuesday

Wednesday

Thursday

Friday

1
 Street Tacos (299)
 Salsa (156)
 Refried Beans (40)
 Cheese/Lettuce (84)
 Grapes (31)

2
 Pizza (241)
 Corn (70)
 Fruit Cup (60)

3
 Baked Potato
 w/Chicken and Cheese (271)
 Apple (95)

4
NEW ITEM!!!
 Mac and Cheese
 Breakfast Bowl (300)
 Roll (90)
 Banana (105)

7
 8
 Tortellini Alfredo (120)
 Garlic Breadstick (105)
 Broccoli (27)
 Diced Pears (60)

9
 Chicken Parmesan (160)
 Roll (90)
 Cauliflower (20)
 Apple (95)

10
 Pepperoni Rippers (270)
 Marinara Sauce (70)
 Green Beans (20)
 Mandarin Orange (60)

11
 Country Fried Chicken
 w/Gravy (300)
 Mashed Potatoes
 w/ Gravy (145)
 Banana (105)

14
 15
 Walking Tacos (265)
 Cheese/Lettuce (84)
 Refried Beans (40)
 Mandarin Orange (60)

16
 Chicken Patty (200)
 Roll (90)
 Mashed Potatoes
 w/ Gravy (145)
 Spiced Warm Apples (70)

17
National Pasta Day!
 Stroganoff (250)
 California Blend Veggies (30)
 Mixed Fruit (60)

18
NEW ITEM!!!!
 Crunchy Hawaiian Chicken
 Wrap (300)
 Baked Cheetos (140)
 Corn (70)
 Banana (105)

21
 22
 Tator Tot Casserole (279)
 Roll (90)
 Green Beans (20)
 Diced Peaches (60)

23
 Chicken Parmesan (160)
 Garlic Breadstick (105)
 Sliced Carrots (24)
 Mandarin Orange (60)

24
 Stuffed Cheese Stick (150)
 Marinara Sauce (70)
 Broccoli (101)
 Diced Pears (60)

25
 Loaded Taco Baked Potato
 w/ Cheese (271)
 Corn (70)
 Spiced Warm Apples (70)

28
 Mini Cheese
 Pizza Bagels (240)
 Salad w/Ranch (100)
 Fruit Cup (60)

29
 Street Tacos (299)
 Salsa (156)
 Refried Beans (40)
 Cheese/Lettuce (84)
 Grapes (31)

30
National Pumpkin Bread Day!
 Chicken Patty
 w/WG Bun (281)
 Fries (57)
 Mandarin Orange (60)
 Pumpkin Bread (260)

31
HAPPY HALLOWEEN!!
 Crispito w/Cheese (200)
 Carrot Sticks w/Ranch (41)
 Banana (105)



All meals served with ½ cup fruit and 8 oz low-fat, fat-free, or flavored milk.

This is an equal opportunity employer institution.