



October 2021

Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab & Go Supper and Snack Available at Dismissal. Please visit the cafeteria for details.	FREE MEALS FOR ALL STUDENTS!	Menu subject to change.		1 Muffin or Yogurt Parfait
4 Bagel & Cream Cheese or Breakfast Sandwich	5 Benefit Bar or Breakfast Burrito	6 Cinnamon Rolls or Breakfast Quesadilla	7 Benefit Bar or Breakfast Chicken Slider	8 Strawberry Poptart or Yogurt Parfait
11 Mini Maple Pancakes or Breakfast Quesadilla	12 Yogurt & Granola Bar or Breakfast Chicken Slider	13 Coffee Cake or Breakfast Burrito	14 Yogurt & Granola Bar or Bagel & Cream Cheese	15 Muffin or Yogurt Parfait
18 Bagel & Cream Cheese or Breakfast Sandwich	19 Benefit Bar or Breakfast Burrito	20 Cinnamon Rolls or Breakfast Quesadilla	21 Benefit Bar or Breakfast Chicken Slider	22 Strawberry Poptart or Yogurt Parfait
25 Mini Maple Pancakes or Breakfast Quesadilla	26 Yogurt & Granola Bar or Breakfast Chicken Slider	27 Coffee Cake or Breakfast Burrito	28 Yogurt & Granola Bar or Bagel & Cream Cheese	29 Muffin or Yogurt Parfait

All breakfasts are offered with fruit or juice and choice of milk.

M, W, F:
Cinnamon Toast Crunch or Lucky Charms Available

Tu, Th:
Honey Nut Cheerios or Cinnamon Chex Available



This institution is an equal opportunity provider.



October 2021 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab & Go Supper and Snack Available at Dismissal. Please visit the cafeteria for details.	FREE MEALS FOR ALL STUDENTS!	Menu subject to change.		1 Teriyaki Chicken Wrap Orange Chicken & Rice Cheese Pizza Meat Lovers Pizza
4 Spicy Chicken Sandwich Chicken Nuggets Pulled Pork Pozole	5 Cheeseburger Mediterranean Chicken Wrap BBQ Chicken Panini	6 Spicy Chicken Sandwich Lasagna Roll Up Cheese Pizza Meat Lovers Pizza	7 Cheeseburger Crunchy Hawaiian Wrap Cheese Nachos or Nachos Supreme	8 Teriyaki Chicken & Rice Chicken Egg Rolls Cheese Pizza Meat Lovers Pizza
11 Spicy Chicken Sandwich Buffalo Chicken Tenders Chicken Salad Sandwich	12 Cheeseburger Turkey Wrap Chicken Alfredo	13 Spicy Chicken Sandwich Carnitas Street Tacos Cheese Pizza Meat Lovers Pizza	14 Cheeseburger Caprese Turkey Ciabatta Bean & Beef Burrito or Chicken Burrito	15 Teriyaki Chicken Wrap Orange Chicken & Rice Cheese Pizza Meat Lovers Pizza
18 Spicy Chicken Sandwich Chicken Nuggets Pulled Pork Pozole	19 Cheeseburger Mediterranean Chicken Wrap BBQ Chicken Panini	20 Spicy Chicken Sandwich Lasagna Roll Up Cheese Pizza Meat Lovers Pizza	21 Cheeseburger Crunchy Hawaiian Wrap Cheese Nachos or Nachos Supreme	22 Teriyaki Chicken & Rice Chicken Egg Rolls Cheese Pizza Meat Lovers Pizza
25 Spicy Chicken Sandwich Buffalo Chicken Tenders Chicken Salad Sandwich	26 Cheeseburger Turkey Wrap Chicken Alfredo	27 Spicy Chicken Sandwich Carnitas Street Tacos Cheese Pizza Meat Lovers Pizza	28 Cheeseburger Caprese Turkey Ciabatta Bean & Beef Burrito or Chicken Burrito	29 Teriyaki Chicken Wrap Orange Chicken & Rice Cheese Pizza Meat Lovers Pizza

All lunches are offered with vegetables, fruit or juice and choice of milk.

Salads Offered Daily: Chef's Salad and Garden Salad

Sandwiches Offered Daily: Turkey & Cheese Sub or Spicy Sub and PBJ Sandwich



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Supper & Snack Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Supper and snacks include vegetables, fruit or juice, and a choice of milk	FREE MEALS FOR ALL STUDENTS!	Menu subject to change.		1 Lasagna Roll Up and Graham Crackers
4 Pizza Ripper and String Cheese & Tomatoes	5 PBJ Sandwich and Hardboiled Egg	6 Hummus Protein Pack and Muffin	7 Garden Salad and Hummus & Carrots	8 Turkey & Cheese Sub and Wheat Crackers
11 Pizza Combo Kit and Soft Pretzel	12 Grilled Cheese Sandwich and Goldfish Crackers	13 Turkey & Veggie Snack Pack and 3 Bean Salad	14 Chef Salad and Peanut Butter & Celery	15 Lasagna Roll Up and Graham Crackers
18 Pizza Ripper and String Cheese & Tomatoes	19 PBJ Sandwich and Hardboiled Egg	20 Hummus Protein Pack and Muffin	21 Garden Salad and Hummus & Carrots	22 Turkey & Cheese Sub and Wheat Crackers
25 Pizza Combo Kit and Soft Pretzel	26 Grilled Cheese Sandwich and Goldfish Crackers	27 Turkey & Veggie Snack Pack and 3 Bean Salad	28 Chef Salad and Peanut Butter & Celery	29 Lasagna Roll Up and Graham Crackers

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