

# October

## ES Breakfast Menus

APA

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Yogurt/Educational Snacks</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>• Plain Whole Wheat Bagel/Cream Cheese</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>• Apple Cinna-Grins Cereal</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>• Zac Omega Bar Strawberry</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>• Turkey and Cheddar Brekwich</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li>• <b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>• Cheesy Bagel Sandwich</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>• Lemon Muffin</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>• Cocoa Critters Cereal</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>• Autumn Spice Muffin</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>• Zac Omega Bar Blackberry</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>• Snow Flurries Cereal</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>• MultiGrain Cheerios</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>• Yogurt/Educational Snacks</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>• Blueberry Burst Whole Grain Bagel/Cream Cheese</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>• Cheerios/Zac Attack Apple</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>• Snow Flurries Cereal</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>• Bagel/Cream Cheese</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>• Zac Omega Bar Blackberry</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>• Cocoa Critters Cereal</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>• Yogurt/Educational Snacks</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>• <b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>31</p>			

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.

○ Vegetable of the day



# October

## ES Lunch Menus

APA

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Crispy Chicken Sandwich (Steamed Corn)</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and Chicken Bites Lunch Combo</li> <li>Baby Carrots</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>Bag Lunch Inside Classroom</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Chicken Caesar Salad</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Pepper Jack Cheeseburger</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>6</p>
National School Lunch Week				
<ul style="list-style-type: none"> <li><b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Creamy Tomato Curry with Grilled Chicken</li> <li>Blanched Broccoli and Edamame</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>Bag Lunch Inside Classroom</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Cheese Pizza with a Whole Grain Crust (VG)</li> <li>Celery Sticks with Ranch</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Braised Greens</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>Italian "Sausage" Calzoni</li> <li>Baby Carrots</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Chili Citrus Drumstick with Rice Blanched Broccoli and Edamame</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>Bag Lunch Inside Classroom</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Oven Roasted Chicken Sandwich</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Sesame Chicken Salad</li> <li>Chilled Seasoned Green Beans</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>Chicken Bites</li> <li>Steamed Corn</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Baked Mac &amp; Cheese and BBQ Chicken Lunch Combo</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>Bag Lunch Inside Classroom</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Southern BBQ Chicken Sandwich</li> <li>Chopped Lettuce and Sliced Tomatoes with Ranch</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>BBQ Chicken Wrap</li> <li>Sweet Potatoes</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Chicken Enchiladas</li> <li>Chilled, Seasoned Green Beans</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li><b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>31</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!*



# October

## ES Snacks

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Skeeter Honey Grahams</li> </ul> <p>2</p>	<ul style="list-style-type: none"> <li>Goldfish Pretzels</li> </ul> <p>3</p>	<ul style="list-style-type: none"> <li>No Snacks Half Day</li> </ul> <p>4</p>	<ul style="list-style-type: none"> <li>Goldfish Cheese Crackers</li> </ul> <p>5</p>	<ul style="list-style-type: none"> <li>Honey Wheat Crackers/Sunbutter</li> </ul> <p>6</p>
<ul style="list-style-type: none"> <li><b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>Multigrain Rumbles - Ranch</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>No Snacks Half Day</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>Honey Wheat Crackers</li> </ul> <p>12</p>	<ul style="list-style-type: none"> <li>Multigrain Rumbles - Salsa Fresca</li> </ul> <p>13</p>
<ul style="list-style-type: none"> <li>Yogurt</li> <li>String Cheese</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>Crackers/String Cheese</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>No Snacks Half Day</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>Educational Snacks/ String Cheese</li> </ul> <p>19</p>	<ul style="list-style-type: none"> <li>Zac Attack Bar Apple (Snack)</li> </ul> <p>20</p>
<ul style="list-style-type: none"> <li>Multigrain Rumbles - Ranch</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>Mini Dipperdoodle</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>No Snack Half Day</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>Goldfish Cheese Crackers</li> </ul> <p>26</p>	<ul style="list-style-type: none"> <li>Zac Attack Bar Strawberry</li> </ul> <p>27</p>
<ul style="list-style-type: none"> <li>Skeeter Honey Grahams</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li><b>NO SCHOOL FOR SCHOLARS</b></li> </ul> <p>31</p>			

### what's new?

Snack happy. A balanced mid-day snack in the afternoon can be a healthy part of your diet! Look for whole grains, protein, and fat to tide you over until dinner.

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.

