

October Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Growing Healthy Schools Week!
September 29th- October 3

		<ul style="list-style-type: none"> Waffles with Syrup <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> Banana Muffin <p style="text-align: right;">2</p>	<ul style="list-style-type: none"> Yogurt with Granola <p style="text-align: right;">3</p>
<ul style="list-style-type: none"> Dipper Doodle Bar <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> Blueberry Muffin <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> Lemon Poppyseed Muffin <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p style="text-align: right;">9</p>	<ul style="list-style-type: none"> Banana Muffin <p style="text-align: right;">10</p>
<ul style="list-style-type: none"> RF Cocoa Bops Cereal <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> Pancakes with Syrup <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> Breakfast Burrito <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> Blueberry Muffin <p style="text-align: right;">16</p>	<ul style="list-style-type: none"> Plain Whole Wheat Bagel with Cream Cheese <p style="text-align: right;">17</p>
<ul style="list-style-type: none"> Dipper Doodle Bar <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> English Muffin with Turkey, Egg and Cheese <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> Zac Omega Bar Berry <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> Lemon Poppyseed Muffin <p style="text-align: right;">23</p>	<ul style="list-style-type: none"> Apple Muffin <p style="text-align: right;">24</p>
<ul style="list-style-type: none"> Zac Omega Bar Apple <p style="text-align: right;">27</p>	<ul style="list-style-type: none"> English Muffin with Egg and Cheese <p style="text-align: right;">28</p>	<ul style="list-style-type: none"> Dipper Doodle Bar <p style="text-align: right;">29</p>	<ul style="list-style-type: none"> Breakfast Burrito <p style="text-align: right;">30</p>	<ul style="list-style-type: none"> Apple Muffin <p style="text-align: right;">31</p>



Breakfast: choice of 1% or fat-free milk
 All grains served are whole grain-rich
 Dairy-free (DF) and vegetarian (V) menu items available daily – if not listed on the menu, then available upon request.
 This institution is an equal opportunity provider.

real food for all™

October Lunch K-12 Salad Bar



Growing Healthy Schools Week!
September 29th- October 3

Monday

Tuesday

Wednesday

Thursday

Friday

		<ul style="list-style-type: none"> BROWN BAG DAY 	<ul style="list-style-type: none"> Grilled Chicken Sandwich (DF) Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes 	<ul style="list-style-type: none"> Hot Dog (DF) Vegetable: Local Green Beans with Ranch
		1	2	3
<ul style="list-style-type: none"> Breakfast for Lunch: Pancakes with Sausage Vegetable: Local Sweet Potatoes 	<ul style="list-style-type: none"> Chicken Teriyaki (DF) Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes 	<ul style="list-style-type: none"> BROWN BAG DAY 	<ul style="list-style-type: none"> All Natural Cheeseburger Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers 	<ul style="list-style-type: none"> Chicken Mole Rojo (DF) Vegetable: Local Corn
6	7	8	9	10
<ul style="list-style-type: none"> BBQ Chicken Sandwich Vegetable: Local Green Beans 	<ul style="list-style-type: none"> Sausage Pizza Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes 	<ul style="list-style-type: none"> BROWN BAG DAY 	<ul style="list-style-type: none"> Beef, Bean and Cheese Burrito Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers 	<ul style="list-style-type: none"> Ham and Cheese Sandwich Vegetable: Local Sweet Potatoes
13	14	15	16	17
<ul style="list-style-type: none"> Hot Dog (DF) Vegetable: Local Green Beans 	<ul style="list-style-type: none"> Cheese Pizza (VG) Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes 	<ul style="list-style-type: none"> BROWN BAG DAY 	<ul style="list-style-type: none"> Chicken Bites (DF) Salad Bar with Carrots, Romaine, Broccoli, and Cucumbers 	<ul style="list-style-type: none"> Spaghetti and Meatballs (DF) Vegetable: Local Corn
20	21	22	23	24
<ul style="list-style-type: none"> All Natural Hamburger (DF) Vegetable: Local Green Beans 	<ul style="list-style-type: none"> Macaroni and Cheese with Mini Dogs Salad Bar with Carrots, Romaine, Corn, and Cherry Tomatoes 	<ul style="list-style-type: none"> BROWN BAG DAY 	<ul style="list-style-type: none"> Chicken Teriyaki (DF) Salad Bar with Carrots, Romaine, Broccoli, Kidney Beans and Cherry Tomatoes 	<ul style="list-style-type: none"> BBQ Meatballs with Cheesy Rice Vegetable: Local Braised Greens
27	28	29	30	31



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