

Unitized K-12 OCTOBER BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 • yogurt & educational snacks	2 • zee zeos berry apple bar	3 • apple cinnamon muffin	4 banana muffin	5 • zac omega fruit filled strawberry bar
8 • NO SCHOOL FOR SCHOLARS	9 • cinnamon chex & zac attack apple & fruit	10 • bagel & cheese sandwich	11 • cinnamon raisin bagel	12 • yogurt & granola
15 • cinnamon vanilla crunch granola	16 banana muffin	17 • corn chex & mini dippers & fruit	18 zee zeos berry apple bar	19 NO SCHOOL FOR SCHOLARS
22 • cheerios & zac attack apple & fru	23 • plain bagel & cream cheese	24 • apple crisp granola	25 • blueberry burst muffin	26 • blueberry bagel & cream cheese
29 • yogurt & educational snacks	30 • cinnamon crumble	31 • blueberry crisp granola		

DID YOU KNOW?

We only serve milk that is rBST-free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein!



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

d.

OCTOBER LUNCH

K-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 chili citrus drumstick & rice steamed Corn	2 creamy pasta alfredo celery sticks	3 Bag Lunch Inside Classroom	4 lone star bbq chicken sandwich lettuce & tomatoes with ranch	5 Cheese Pizza sweet potatoes
8 • NO SCHOOL FOR SCHOLARS	9 • garden ranch salad with chicken and roll	10 Bag Lunch Inside Classroom	11 chicken bites broccoli & carrot salad	12 spaghetti & meatballs cucumber & tomato salad
15 • chicken gumbo & cornbread seasoned green beans	16 mac & cheese and chicken bites sweet potatoes	17 • Bag Lunch Inside Classroom	18 beef cheeseburger lettuce & tomatoes with ranch	19 NO SCHOOL FOR SCHOLARS
22 hot dogs with bun steamed corn	23 uncle Ted's bbq chicken drumstick with cheesy rice sweet potatoes	24 Bag Lunch Inside Classroom	25 honey mustard chicken wrap lettuce & tomatoes with ranch	26 hot meatball sub seasoned green beans
29 jerk drumstick & steamed corn	30 beef burger seasoned green beans	31 • Bag Lunch Inside Classroom		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?

