



All pasta, bread, & grains on this menu are whole wheat or whole grain

Breakfast: choice of 1% or fat-free milk; fruit available daily

## **OCTOBER**

## **BREAKFAST MENU**

2025

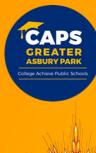
Monday	Tuesday	Wednesday	Thursday	Friday
		Fresh Orange W/G Frosted Mini Wheats Cereal W/G Corn Muffin Milk-8 oz.	Fresh Pear W/G Cinnamon Raisin Bagel with Cream Cheese Milk-8 oz.	Diced Pear Cup 100% Apple Juice W/G Superdonut Milk-8 oz.
Pineapple Cup 100% Apple Juice W/G Special K Cereal W/G Graham Crackers Milk-8 oz.	7 Peach Applesauce Cup 100% Fruit Punch W/G Corn Flakes Cereal W/G Vanilla Bear Grahams Milk-8 oz.	8 Mandarin Orange Cup - 100% Orange Tangerine Juice W/G Corn Chex Cereal W/G Apple Cinnamon Muffin Milk-8 oz.	9 Fresh Orange W/G Honey Scooters Cereal W/G Chocolate Loaf Milk-8 oz.	NO SCHOOL
HAPPY INDIGENOUS PEOPLE'S DAY	14 Fresh Pear - 1 W/G Toasted Oats Cereal W/G Tiger Bites Milk-8 oz	Fresh Orange W/G Cinnamon Raisin Bagel w/ Cream Cheese Milk-8 oz.	Diced Peach Cup 100% Strawberry Kiwi Juice W/G Krispy Rice Cereal W/G Corn Muffin- Milk-8 oz.	17 Mixed Fruit Cup 100% Apple Juice - 4oz. W/G Corn Chex Cereal W/G Banana Muffin Milk-8 oz.
Peach Applesauce Cup 100% Grape Juice W/G Corn Flakes Cereal W/G Scooby Snacks Milk-8 oz.	Fresh Orange- W/G Superdonut Milk-8 oz.	Applesauce Cup Grape Juice W/G Multigrain Cheerios W/G Corn Muffin Milk-8 oz.	Fresh Apple W/G Lemon Bread Slice Milk-8 oz.	24 Diced Pear Cup 100% Strawberry Kiwi Juice W/G Croissant with Margarine Milk-8 oz.
Peach Applesauce Cup Orange Tangerine Juice Kix Cereal W/G Scooby Snacks Milk-8 oz.	Fresh Pear W/G Frosted Mini Wheats Cereal W/G Graham Crackers Milk-8 oz.	Diced Peach Cup 100% Grape Juice W/G White Bagel with Cream Cheese Milk-8 oz.	Mixed Fruit Cup Orange Tangerine Juice W/G Strawberry Pop tarts Milk-8 oz.	31 Fresh Apple W/G Pumpkin Bread Slice Milk-8 oz.

This institution is an equal opportunity provider

## OCTOBER

## **LUNCH MENU**

2025





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Lunch: choice of 1% or fat-free milk; fruit available daily

Monday	Tuesday	Wednesday	Thursday	Friday
		Turkey & American Cheese on W/G Potato Bun Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Turkey & Beef Paperoni Pizza Packet Romaine Salad w/ Dressing Fresh Fruit Milk-8 oz.	W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz.
6 Cheese Omelet Turkey Sausage Links Cold Corn Cup Fresh Orange Milk-8 oz.	7 Chicken Meatballs Parmigiana on Wheat Sub Roll - 1 Mixed Vegetables - 1c Fresh Pear-1 Milk-8oz.	8 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Fresh Baby Carrots w/Dip Fresh Pear Milk-8oz.	9 Chicken Tacos W/G Tortilla Shred Cheese Romaine Salad w/ Dressing Fresh Fruit Milk-8oz	NO SCHOOL
HAPPY INDIGENOUS PEOPLE'S DAY	Turkey & American Cheese on W/G Potato Bun Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Chicken Meatballs Parmigiana on Wheat Sub Roll Mixed Vegetables Fresh Pear Milk-8oz.	Cavatappi Pasta & Broccoli w/ Alfredo Sauce Fresh Banana Wheat Dinner Roll Milk-8 oz.	17 W/G Dominos Pizza Slice 3 Bean Salad Cup Fresh Orange Milk-8 oz.
Macaroni & Cheese Mixed Vegetables Fresh Orange Whole Grain Bread Milk-8 oz.	W/G Fiesta Beef & Cheese Wrap Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Black Bean & Corn Cup Fresh Pear Milk-8oz.	Turkey & Beef Paperoni Pizza Packet Romaine Salad w/ Dressing Fresh Fruit Milk-8 oz.	24 W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz
Popcorn Chicken French Fries Fresh Banana Whole Grain Bread Milk-8 oz.	Cheese Ravioli w/ Meat Sauce Diced Carrots Fresh Apple Wheat Dinner Roll Milk-8 oz.	Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Fresh Baby Carrots w/Dip Fresh Pear Milk-8oz.	30 Beef Meatloaf w/ Ketchup French Fries Fresh Banana Whole Grain Bread Milk-8 oz.	31 W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz

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ALTERNATIVE MENU OPTIONS AVAILABLE MONDAY-THURSDAY Chicken Fingers Romaine Salad w/Grilled Chicken & Dressing		Turkey & American Cheese on W/G Potato Bun Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Turkey & Beef Paperoni Pizza Packet Romaine Salad w/ Dressing Fresh Fruit Milk-8 oz.	W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz.
Cheese Omelet Turkey Sausage Links Cold Corn Cup Fresh Orange Milk-8 oz.	7 Chicken Meatballs Parmigiana on Wheat Sub Roll - 1 Mixed Vegetables - 1c Fresh Pear-1 Milk-8oz.	8 Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Fresh Baby Carrots w/Dip Fresh Pear Milk-8oz.	9 Chicken Tacos W/G Tortilla Shred Cheese Romaine Salad w/ Dressing Fresh Fruit Milk-8oz	NO SCHOOL
HAPPY INDIGENOUS PEOPLE'S DAY	Turkey & American Cheese on W/G Potato Bun Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Chicken Meatballs Parmigiana on Wheat Sub Roll Mixed Vegetables Fresh Pear Milk-8oz.	Cavatappi Pasta & Broccoli w/ Alfredo Sauce Fresh Banana Wheat Dinner Roll Milk-8 oz.	17 W/G Dominos Pizza Slice 3 Bean Salad Cup Fresh Orange Milk-8 oz.
Macaroni & Cheese Mixed Vegetables Fresh Orange Whole Grain Bread Milk-8 oz.	21 W/G Fiesta Beef & Cheese Wrap Fresh Baby Carrots w/Dip Fresh Apple Milk-8 oz.	Chicken Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Black Bean & Corn Cup Fresh Pear Milk-8oz.	Turkey & Beef Paperoni Pizza Packet Romaine Salad w/ Dressing Fresh Fruit Milk-8 oz.	24 W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz
Popcorn Chicken French Fries Fresh Banana Whole Grain Bread Milk-8 oz.	Cheese Ravioli w/ Meat Sauce Diced Carrots Fresh Apple Wheat Dinner Roll Milk-8 oz.	Beef Nachos w/ Cheddar Cheese Sauce on W/G Tortilla Scoops Fresh Baby Carrots w/Dip Fresh Pear Milk-8oz.	30 Beef Meatloaf w/ Ketchup French Fries Fresh Banana Whole Grain Bread Milk-8 oz.	31 W/G Dominos Pizza Slice Romaine Salad w/ Dressing Fresh Orange Milk-8 oz