

MENU

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OCTOBER
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BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hispanic Heritage Month September 15 – October 15	CN: Breakfast Pizza Pineapples Milk	HM: Cheesy Eggs Croissant Mandarin Oranges Milk	WG/CN: Blueberry Loaf Fresh Fruit Cup Apple Juice Milk	Strawberry Yogurt Cup WG: Granola Banana Milk
WG: Cinnamon Toast Crunch cereal Diced Pears Milk	Mini Bagel w/cream cheese Apple Slices Milk	WG: French Toast Sticks Strawberries Apple Juice Milk	HM: Scrambled Eggs WG: Tortilla Salsa Peaches Milk	WG/CN: Banana Loaf Apple Milk
WG: Lucky Charms cereal Peaches Milk	Hash Browns HM: Cinnamon Apples Apple Juice Milk	Strawberry Yogurt Cup WG: Granola Banana Milk	WG: Pancakes Turkey Sausage Links Pineapples Milk	NO SCHOOL for KCE! =====
WG: Apple Jacks cereal Mandarin oranges Milk	WG: French Toast Sticks Peaches Milk	HM: Cheesy Eggs Croissant Fresh Fruit Cup Milk	Mini Bagel w/cream cheese Apple Slices Milk	CN: Breakfast Pizza Pineapples Milk
WG: Fruit Loops cereal Diced Pears Milk	Strawberry Yogurt Cup WG: Granola Banana Milk	HM: Waffles Turkey Sausage Patties Strawberries Milk	Chocolate Chip Muffin Cheese Stick Apple Slices Apple Juice Milk	

Breakfast – Age 6-12
 Milk, fluid 1cup
 Juice/Fruit/Veg 1cup
 Grains/Meat, alt 1oz
 Dry Cereal ¾ cup

Lunch - Age 6-12
 Milk, fluid 1cup
 Fruit ½ cup
 Veggies/Juice ¾ cup (not > 2cups)
 Grains/Breads 1slice
 Pasta ½ cup
 Meat/Meat Alt 1-2oz

Snack – Age 3-5 (select 2 components)
 Milk, fluid 1cup
 Fruit/Veggies ¾cup
 Meat/Meat Alt 1oz
 Grain 1oz

No sugar sweetened beverages served at this school. This is an equal opportunity provider

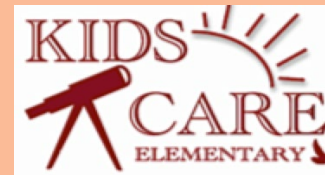
WG: Whole Grain
 CN: Child Nutrition
 HM: Homemade
 LF: Low Fat
 FF: Fat Free
 US: Unsweetened
 WW: Whole Wheat





Academics ★ Culture ★ Community

MENU



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LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hispanic Heritage Month September 15 – October 15	HM: Chicken Tacos Black Beans Lettuce/Cheese Tropical Fruit Milk	HM: Beef Enchiladas Spanish Rice Corn Apple Slices Milk	Cheese Quesadillas Refried Beans Mandarin Orange Milk	WG/CN: Bosco Stick w/ Marinara sauce Garden Salad Mix Grapes Milk
HM: Grilled Cheese Tomato Soup Pineapple slices Milk	HM: Arroz con Pollo Black Beans Plantains Milk	HM: Cheeseburger slider French Fries Corn Peaches Milk	HM: Cheese & Bean Burrito Sweet Potato fries Grapes Milk	CN: Pepperoni Pizza Garden Salad mix LF: Ranch dressing Mandarin orange (whole) Milk
CN: Mini Corn Dogs Peas Tropical Fruit Milk	HM: Chicken Quesadilla Yellow Rice Black Beans Pineapple chunks Milk	HM: Spaghetti Garden Salad Mix LF: Ranch dressing Strawberries WG: Breadstick / Milk	WG/CN: Bosco Stick w/ marinara sauce Green Beans Mandarin oranges Milk	NO SCHOOL for KCE! =====
HM: Chicken & Cheese sliders Kale Chips Grapes Milk	HM: Walking Tacos Fruit Cocktail Milk	HM: Vegetarian Chili Cornbread Apple Juice Milk	HM: Meat Loaf Mashed Potatoes Corn Mixed fruit / Dinner Roll Milk	CN: Cheese Pizza Cucumber slices LF: Ranch Dressing Tropical Fruit Milk
WG/CN: Sloppy Joe French Fries Pineapples Milk	HM: BBQ Chicken Drumsticks Baked Beans Peaches / Dinner Roll Milk	HM: Mac & Cheese Green Beans Cinnamon Applesauce Milk	HM: Meatball sub Steamed Broccoli Mandarin oranges Milk	

Breakfast – Age 6-12
 Milk, fluid 1cup
 Juice/Fruit/Veg 1cup
 Grains/Meat, alt 1oz
 Dry Cereal ¾ cup

Lunch - Age 6-12
 Milk, fluid 1cup
 Fruit ½ cup
 Veggies/Juice ¾ cup (not > 2cups)
 Grains/Breads 1slice
 Pasta ½ cup
 Meat/Meat Alt 1-2oz

Snack – Age 3-5 (select 2 components)
 Milk, fluid 1cup
 Fruit/Veggies ¾cup
 Meat/Meat Alt 1oz
 Grain 1oz

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