



ELEMENTARY OCTOBER 2024

MONDAY



7 BREAKFAST CEREAL LUNCH
OPTION 1: CHEESEBURGER
OPTION 2: MINI CHICKEN CORN DOGS

14 BREAKFAST CONCHA LUNCH
OPTION 1: PIZZA KIT
OPTION 2: TURKEY AND CHEDDAR SANDWICH

21 BREAKFAST CEREAL LUNCH
OPTION 1: CRISPY CHICKEN SANDWICH
OPTION 2: BEEF STROGANOFF ELBOW PASTA

28 BREAKFAST TURKEY SAUSAGE PANCAKE STICK LUNCH
OPTION 1: CORN DOG
OPTION 2: ROAST LEMON CHICKEN

TUESDAY

1 BREAKFAST CONCHA LUNCH
OPTION 1: CHICKEN ALFREDO PASTA
OPTION 2: BEEF STEW

8 BREAKFAST GRANOLA & YOGURT LUNCH
OPTION 1: NACHOS
OPTION 2: TURKEY PROVOLONE SANDWICH

15 BREAKFAST TURKEY SAUSAGE SANDWICH LUNCH
OPTION 1: BEEF, BEAN AND CHEESE BURRITO
OPTION 2: ROAST BEEF SANDWICH

22 BREAKFAST MAPLE WAFFLE LUNCH
OPTION 1: CHICKEN TINGA NACHOS
OPTION 2: CHICKEN SOBA NOODLE SALAD

29 BREAKFAST BENEFIT BAR LUNCH
OPTION 1: PIZZA KIT
OPTION 2: CHICKEN MAC N CHEESE

WEDNESDAY

2 BREAKFAST MARBLE BREAD LUNCH
OPTION 1: PIZZA SANDWICH
OPTION 2: CHICKEN SALAD

9 BREAKFAST BREAKFAST SANDWICH LUNCH
OPTION 1: CHICKEN TENDERS
OPTION 2: SPAGHETTI WITH MEAT BALLS

16 BREAKFAST CINNAMON ROLL LUNCH
OPTION 1: CORN DOG
OPTION 2: CHICKEN & CHEESE ENCHILADAS

23 BREAKFAST BREAKFAST SANDWICH LUNCH
OPTION 1: PIZZA SANDWICH
OPTION 2: ROAST CHICKEN BREAST

30 BREAKFAST BREAKFAST BOWL LUNCH
OPTION 1: CHEESEBURGER
OPTION 2: TURKEY AND CHEDDAR SANDWICH

THURSDAY

3 BREAKFAST BREAKFAST EGG BOWL LUNCH
OPTION 1: ORANGE CHICKEN & NOODLES
OPTION 2: TURKEY & SWISS SANDWICH

10 BREAKFAST BLUEBERRY WAFFLE LUNCH
OPTION 1: HOT DOG
OPTION 2: CHINESE CHICKEN SALAD

17 BREAKFAST BLUEBERRY BREAD LUNCH
OPTION 1: CHEESEBURGER
OPTION 2: MAC & CHEESE

24 BREAKFAST GRANOLA & YOGURT LUNCH
OPTION 1: CHICKEN, BEAN AND CHEESE BURRITO
OPTION 2: CHICKEN KABOB

31 BREAKFAST CONCHA LUNCH
OPTION 1: CHICKEN TENDERS
OPTION 2: PHILLY CHEESE STEAK

FRIDAY

4 BREAKFAST TURKEY SAUSAGE PANCAKE ON A STICK LUNCH
OPTION 1: GRILLED CHICKEN SANDWICH
OPTION 2: BEEF & CHEESE ENCHILADAS

11 BREAKFAST STRAWBERRY BAR LUNCH
OPTION 1: CHICKEN SANDWICH
OPTION 2: BEEF & CHEESE ENCHILADAS

18 BREAKFAST FRENCH TOAST LUNCH
OPTION 1: CHICKEN TENDERS
OPTION 2: HOT DOG

25 BREAKFAST BREAKFAST BOWL LUNCH
OPTION 1: GRILLED CHICKEN SANDWICH
OPTION 2: MEATBALL SUB MOZZARELLA



YOUR BREAKFAST & LUNCH INCLUDES:

- CHOICE OF 1% FAT FREE WHITE MILK & 1% FAT FREE CHOCOLATE
- FRUIT OF THE DAY
- VEGETABLE OF THE DAY

BREAKFAST FRUIT:

- CANTALOUPE
- PINNEAPPLE
- MIXED FRUIT
- WATERMELON
- PEAR
- APPLE
- SEASONAL

LUNCH FRUIT & VEGETABLE

- CARROTS & APPLESAUCE
- CORN SALAD & ORANGE SLICES
- SIDE SALAD, CARROTS, FRUIT CUP
- CUCUMBER & BANANA
- CUCUMBER, JICAMA & FRUIT CUP
- SIDE SALAD, PLUMS



ALL GRAINS SERVED ARE WHOLE GRAIN RICH. TODOS LOS GRANOS SERVIDOS SON RICOS EN GRANOS ENTEROS. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. ESTA INSTITUCIÓN ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.

***MENU IS SUBJECT TO CHANGE WITHOUT NOTICE./EL MENÚ ESTÁ SUJETO A CAMBIOS SIN PREVIO AVISO.**



MIDDLE SCHOOL OCTOBER 2024

MONDAY



7 BREAKFAST
CEREAL
LUNCH
OPTION 1:
CHEESEBURGER
OPTION 2: BEEF &
CHEESE ENCHILADAS

14 BREAKFAST
CONCHA
LUNCH
OPTION 1: PIZZA KIT
OPTION 2: ROAST BEEF &
CHEDDAR SANDWICH

21 BREAKFAST
CEREAL
LUNCH
OPTION 1: HOT DOG
OPTION 2: CHICKEN
SANDWICH

28 BREAKFAST
TURKEY SAUSAGE
PANCAKE STICK
LUNCH
OPTION 1: CHEESEBURGER
OPTION 2: ROAST LEMON
CHICKEN

TUESDAY

1 BREAKFAST
CONCHA
LUNCH
OPTION 1: TURKEY &
CHEESE KIT
OPTION 2: CHICKEN
ALFREDO PASTA

8 BREAKFAST
GRANOLA POUCH
YOGURT
LUNCH
OPTION 1: NACHOS
OPTION 2: TURKEY
PROVOLONE SANDWICH

15 BREAKFAST
TURKEY SAUSAGE
SANDWICH
LUNCH
OPTION 1: CORN DOG
OPTION 2: GROUND BEEF,
BEAN AND CHEESE
BURRITO

22 BREAKFAST
MAPLE WAFFLE
LUNCH
OPTION 1: CHICKEN
TINGA NACHOS
OPTION 2: SOUVLAKI
CHICKEN WRAP

29 BREAKFAST
BENEFIT BAR
LUNCH
OPTION 1: CHICKEN MAC N
CHEESE
OPTION 2: ROAST BEEF AND
CHEDDAR SANDWICH

WEDNESDAY

2 BREAKFAST
MARBLE BREAD
LUNCH
OPTION 1: PIZZA
SANDWICH
OPTION 2: TURKEY AND
SWISS SANDWICH

9 BREAKFAST
BREAKFAST SANDWICH
LUNCH
OPTION 1: SPAGHETTI
WITH MEAT BALLS
OPTION 2: HOT DOG

16 BREAKFAST
CINNAMON ROLL
LUNCH
OPTION 1:
CHEESEBURGER
OPTION 2: CHICKEN &
CHEESE ENCHILADAS

23 BREAKFAST
BREAKFAST SANDWICH
LUNCH
OPTION 1: PEPPERONI
PIZZA SANDWICH
OPTION 2: PERSIAN
CHICKEN KABOB

30 BREAKFAST
BREAKFAST BOWL
LUNCH
OPTION 1: CHICKEN
TENDERS
OPTION 2: CORN DOG

THURSDAY

3 BREAKFAST
BREAKFAST EGG BOWL
LUNCH
OPTION 1: ORANGE
CHICKEN
OPTION 2: CHICKEN
SALAD

10 BREAKFAST
BLUEBERRY WAFFLE
LUNCH
OPTION 1: CHICKEN
TENDERS
OPTION 2: CHINESE
CHICKEN SALAD

17 BREAKFAST
BLUEBERRY BREAD
LUNCH
OPTION 1: CHICKEN MAC
N CHEESE
OPTION 2: TURKEY AND
CHEDDAR SANDWICH

24 BREAKFAST
GRANOLA POUCH YOGURT
LUNCH
OPTION 1: GRILLED
CHICKEN SANDWICH
OPTION 2: CHICKEN, BEAN
AND CHEESE BURRITO

31 BREAKFAST
CONCHA
LUNCH
OPTION 1: BEEF TACO
PIZZA SANDWICH
OPTION 2: TURKEY AND
CHEDDAR SANDWICH

FRIDAY

4 BREAKFAST
TURKEY SAUSAGE
PANCAKE ON A STICK
LUNCH
OPTION 1: GRILLED
CHICKEN SANDWICH
OPTION 2: MINI CORN
DOGS

11 BREAKFAST
STRAWBERRY BREAKFAST
BAR
LUNCH
OPTION 1: CRISPY CHICKEN
SANDWICH
OPTION 2: TURKEY SALAD

18 BREAKFAST
FRENCH TOAST
LUNCH
OPTION 1: CHICKEN
TENDERS
OPTION 2: BEEF STEW

25 BREAKFAST
BREAKFAST BOWL
LUNCH
OPTION 1: MEATBALL
SUB
OPTION 2: ROAST
CHICKEN BREAST



YOUR BREAKFAST & LUNCH INCLUDES:
-CHOICE OF 1% FAT FREE WHITE MILK & 1% FAT FREE CHOCOLATE
-FRUIT OF THE DAY
-VEGETABLE OF THE DAY

BREAKFAST FRUIT:
-CANTALOUPE
-PINNEAPPLE
-MIXED FRUIT
-WATERMELON
-PEAR
-APPLE
-SEASONAL

LUNCH FRUIT & VEGETABLE
-CARROTS & APPLESAUCE
-CORN SALAD & ORANGE SLICES
-SIDE SALAD, CARROTS, FRUIT CUP
-CUCUMBER & BANANA
-CUCUMBER, JICAMA & FRUIT CUP
-SIDE SALAD, PLUMS



ALL GRAINS SERVED ARE WHOLE GRAIN RICH. TODOS LOS GRANOS SERVIDOS SON RICOS EN GRANOS ENTEROS. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. ESTA INSTITUCIÓN ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.

***MENU IS SUBJECT TO CHANGE WITHOUT NOTICE./EL MENÚ ESTÁ SUJETO A CAMBIOS SIN PREVIO AVISO.**