



October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>BREAKFAST</p> <p>Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk</p> <p>LUNCH</p> <p>All Beef Hot Dog Whole Wheat Bun, Romaine Salad Cucumber, Carrot, Tomato, Ranch Dressing, Orange or Watermelon, Milk</p> <p>SNACK</p> <p>Cheez Its</p>	<p>2</p> <p>BREAKFAST</p> <p>Breakfast Burrito Egg, Bacon, Cheese, Potato, Whole Wheat Tortilla- Honeydew Fruit Cup, Milk</p> <p>LUNCH</p> <p>Korean Beef Bowl Cabbage, Spinach, Carrot, Celery, Pea, Ginger Steamed rice, Apple or Mixed Fruit, Milk</p> <p>SNACK</p> <p>Rice Krispies</p>	<p>3</p> <p>BREAKFAST</p> <p>Bagel Ful® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk</p> <p>LUNCH</p> <p>All White Meat Chicken Tenders Whole Wheat Roll Mixed Vegetable Crudités – Watermelon or Banana, Milk</p> <p>SNACK</p> <p>Whole Wheat Goldfish Crackers</p>	<p>4</p> <p>BREAKFAST</p> <p>French Toast Sticks, Syrup - Watermelon Fruit Cup, Milk,</p> <p>LUNCH</p> <p>Bean & Cheese Burrito Whole Wheat Tortilla, Carrot, Apple or Orange, Milk</p> <p>SNACK</p> <p>Cereal Bar</p>
<p>7</p> <p>BREAKFAST</p> <p>Cereal Cup - Seasonal Fruit Cup, Milk</p> <p>LUNCH</p> <p>Penne with Meat Sauce Side of Parmesan, Apple, Milk</p> <p>SNACK</p> <p>Granola Bar</p>	<p>8</p> <p>BREAKFAST</p> <p>Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk</p> <p>LUNCH</p> <p>Cheeseburger Whole Wheat Bun, Mixed Vegetable Crudités, Orange or Watermelon, Milk</p> <p>SNACK</p> <p>Strawberry PopTart</p>	<p>9</p> <p>BREAKFAST</p> <p>Breakfast Burrito Egg, Bacon, Cheese, Potato Whole Wheat Tortilla - Honeydew Fruit Cup, Milk</p> <p>LUNCH</p> <p>French Bread Pizza, Nitrate Free Pepperoni, Cheese, Pizza Sauce, Broccoli, Cucumbers, Apple or Mixed Fruit, Milk</p> <p>SNACK</p> <p>Cheez Its</p>	<p>10</p> <p>BREAKFAST</p> <p>Bagel Ful® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk</p> <p>LUNCH</p> <p>Orange Chicken Brown Rice, Vegetable Medley Watermelon or Banana, Milk</p> <p>SNACK</p> <p>Rice Krispies</p>	<p>11</p> <p>BREAKFAST</p> <p>Mini Waffles, Syrup - Watermelon Fruit Cup, Milk</p> <p>LUNCH</p> <p>Chicken Tender Wrap Lettuce, Tomato, Cheese, Ranch, Whole Wheat Tortilla Apple or Orange, Milk</p> <p>SNACK</p> <p>Whole Wheat Goldfish Crackers</p>
<p>14</p> <p>BREAKFAST</p> <p>Cereal Cup - Seasonal Fruit Cup, Milk</p> <p>LUNCH</p> <p>Chicken Chow Mein Cabbage, Carrot, Celery, Green Bean, Pea, Sesame-Noodle Apple, Milk</p> <p>SNACK</p> <p>Cereal Bar</p>	<p>15</p> <p>BREAKFAST</p> <p>Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk</p> <p>LUNCH</p> <p>Carne Asada Burrito Shredded Cheese, Pinto Bean, Whole Wheat Tortilla, Orange or Watermelon, Milk</p> <p>SNACK</p> <p>Granola Bar</p>	<p>16</p> <p>BREAKFAST</p> <p>Breakfast Burrito Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk</p> <p>LUNCH</p> <p>All White Meat Chicken Tenders Whole Wheat Roll Mixed Vegetable Crudités, Apple or Mixed Fruit, Milk</p> <p>SNACK</p> <p>Strawberry PopTart</p>	<p>17</p> <p>BREAKFAST</p> <p>Bagel Ful® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk</p> <p>LUNCH</p> <p>“Mac” n Cheese Cauliflower Broccoli and Carrots Watermelon or Banana, Milk</p> <p>SNACK</p> <p>Cheez Its</p>	<p>18</p> <p>BREAKFAST</p> <p>Mini Pancakes, Syrup - Watermelon Fruit Cup, Milk</p> <p>LUNCH</p> <p>Bean & Cheese Burrito Pinto Bean, Whole Wheat Tortilla Carrot, Apple or Orange, Milk</p> <p>SNACK</p> <p>Rice Krispies</p>
<p>21</p> <p>BREAKFAST</p> <p>Cereal Cup - Seasonal Fruit Cup, Milk</p> <p>LUNCH</p> <p>Spaghetti & Meat Balls Marinara, Parmesan on side Apple, Milk</p> <p>SNACK</p> <p>Whole Wheat Goldfish Crackers</p>	<p>22</p> <p>BREAKFAST</p> <p>Bagel Ful®, Cinnamon Cream Cheese Filling, Cantaloupe Fruit Cup, Milk</p> <p>LUNCH</p> <p>All Beef Hot Dog Whole Wheat Bun, Romaine Salad Cucumber, Carrot, Tomato, Ranch Dressing Mixed Fruit or Apple, Milk</p> <p>SNACK</p> <p>Cereal Bar</p>	<p>23</p> <p>BREAKFAST</p> <p>Breakfast Burrito Egg, Bacon, Cheese, Tater Tots, Whole Wheat Tortilla – Honeydew Fruit Cup, Milk</p> <p>LUNCH</p> <p>Grilled Chicken Penne Alfredo, Pea, Carrot, Garlic Parmesan Cream, Watermelon or Orange, Milk</p> <p>SNACK</p> <p>Granola Bar</p>	<p>24</p> <p>BREAKFAST</p> <p>Cereal Cup – Pineapple Fruit Cup, Milk</p> <p>LUNCH</p> <p>Chicken Teriyaki Carrot, Pea, Cabbage, Bean sprouts, Edamame, Broccoli, Garlic Rice Watermelon or Banana, Milk</p> <p>SNACK</p> <p>Strawberry PopTart</p>	<p>25</p> <p>BREAKFAST</p> <p>French Toast Sticks, Syrup - Watermelon Fruit Cup, Milk</p> <p>LUNCH</p> <p>Pollo Asada, Bean & Cheese Burrito Whole Wheat Tortilla Apple or Orange, Milk</p> <p>SNACK</p> <p>Cheez Its</p>

- All grain served are whole grain rich.
 This institution is an equal opportunity provider.

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October 2019

28	29	30	31	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Cereal Cup - Seasonal Fruit Cup, Milk	Marble Breakfast Bread - Cantaloupe Fruit Cup, Milk	Breakfast Burrito Egg, Bacon, Cheese, Potato - Honeydew Fruit Cup, Milk	Bagel Ful® Cinnamon Cream Cheese Filling, Pineapple Fruit Cup, Milk	
LUNCH	LUNCH	LUNCH	LUNCH	
Persian Meat Balls Steamed Basmati Rice, Zucchini Medley, Apple, Milk	Chicken Tender Parmesan, Penne, Marinara, Broccoli, Cheese on Side, Orange or Watermelon, Milk	Cheeseburger Whole Wheat Bun, Mixed Vegetable Crudités Apple or Mixed Fruit, Milk	“Mac” n Cheese Cauliflower Carrots and Broccoli – Watermelon or Orange, Milk	
SNACK	SNACK	SNACK	SNACK	
Rice Krispies	Whole Wheat Goldfish Crackers	Cereal Bar	Granola Bar	



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