



OCTOBER

FIT FOR LIFE

2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 "Simple Put" Chicken Breast Sandwich on Whole Grain Bun Corn Nibbles Granny Smith Apple Ice Cold Milk</p>	<p>2 "Protein Pack" Fruity Yogurt String Cheese Whole Grain Muffin Watermelon Cubes Carrots Sticks Ice Cold Milk "Mama's"</p>	<p>3 "Just For You" Personal Pan Pizza Garden Salad With grape tomatoes, shredded carrots & cucumbers Sweet Strawberries Ice Cold Milk</p>	<p>4 "Garden Goodness" Ranch Chicken Salad Lettuce, carrots, cucumbers, tomatoes & shredded cheese Topped with Chicken Wheat Dinner Roll Gala Apple Ice Cold Milk</p>	<p>Oct. 5 No School</p> <p>Please look at the back of the menu... We offer a huge variety of options for you to choose from every day. There is something for everyone. Every meal comes complete with fruit, veggies, and milk.</p> <p>You can choose from: Fresh Fruit 100% Fruit Juice Canned Fruit Box of Raisins Carrot Sticks Veggie of the Day</p> <p>We offer 1% White Milk and Skim Milk</p>
<p>8 CLOSED TODAY Happy Columbus Day</p>	<p>9 "Mazzarella Sticks" Marinara Dipping Sauce Garden Salad with grape tomatoes, shredded carrots & cucumbers Sweet Strawberries Ice Cold Milk "Deli Delicious"</p>	<p>10 "The All American" Juicy Cheeseburger On a Whole Grain Bun Carrot Sticks Fresh Honeydew Melon Cup Ice Cold Milk</p>	<p>11 "From The Border" Nacho Kit Warm Taco Meat with Cheese & Whole Grain Sausage Maxi Bean Salad Baby Bananas Ice Cold Milk</p>	
<p>15 "Classic" Baked Chicken Nugget Boat Corn Nibbles Fresh Cut Pineapple Ice Cold Milk</p>	<p>16 "Rabbit" Turkey Sandwich on Whole Wheat Bread with American Cheese, Lettuce & Tomato Cucumber Coins with dressing Granny Smith Apple Ice Cold Milk</p>	<p>17 "Little Italy" Meatball Parmesan Sandwich Rainbow Grape Tomato Peppers With Ranch Dipping Sauce Fresh Berries Ice Cold Milk</p>	<p>18 "Muey Caliente" Buffalo Chicken Sandwich Broccoli Florets Golden Delicious Apple Ice Cold Milk</p>	
<p>22 "Creamy" Toasted Cheese Sandwich Crispy Carrot Sticks Cantaloupe Fruit Cup Ice Cold Milk</p>	<p>23 "Little Italy" Chicken Parmesan Sandwich Garden Salad With tomatoes, shredded carrots, cheese & cucumbers Plump Grapes Ice Cold Milk</p>	<p>24 "Ball Park Frank" On a Whole Grain Bun Boston Baked Beans Granny Smith Apple Ice Cold Milk</p>	<p>25 "Protein Pack" Wheat Bagel with Cream Cheese Fruit Yogurt String Cheese Sweet Strawberries Carrot Sticks Ice Cold Milk</p>	
<p>29 "Fishing Around" Tuna Wrap American Cheese & Lettuce Corn Nibbles Fresh Blueberries Ice Cold Milk</p>	<p>30 "Mouth Popping" Popcorn Chicken Boat Mashed Potatoes Grape Tomato Peppers With Ranch Dressing Granny Smith Apple Ice Cold Milk</p>	<p>31 "Perfect Parfait" Yogurt Layered with Fresh Fruit & Granola Cucumber Coins Fruit Cup Ice Cold Milk</p>	<p>26 "Everett Mac" Cheeseburger With special sauce, pickle, & lettuce Crispy Baked Potato Puffs Bag of Apple Slices Ice Cold Milk</p>	

Lunch & Breakfast is FREE to all!

Breakfast Menu

Served in Classroom:

- Monday: Whole Grain Rice Crispy Bar, Animal Cracker, 100% Fruit Juice, Milk
- Tuesday: Whole Grain Cereal Pouch, Scoobie Grahams, Fresh Fruit, Milk
- Wednesday: Whole Grain Muffin, Animal Cracker, 100% Fruit Juice, Milk
- Thursday: Whole Grain Cereal Bowl, Scoobie Grahams, Fresh Fruit, Milk
- Friday: Whole Grain Rice Crispy Bar, Scoobie Grahams, Fresh Fruit, Milk

Served in Café:

- Warm Whole Grain Mini Pancakes or Warm Whole Grain Waffles or Warm Whole Grain Fruit Strudels,
- Warm Whole Grain Cini Minis or Whole Grain Low-Sugar Cereal Bowl

Menus are subject to change without notice.

