



October Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Breakfast Cereal WG Crackers Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>French Toast Sticks (4) Syrup Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Assorted Yogurt Cup Graham Fresh Fruit Skim or 1% Milk</p>	<p>7</p> <p>Whole Grain Pancakes (1) w/ Sausage & Syrup Fresh Fruit Skim or 1% Milk</p>
<p>10</p> <p>Egg & Cheese Breakfast Sandwich Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Whole Grain Bagel Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Homemade Blueberry Bread (2WG) Fresh Fruit Skim or 1% Milk</p>	<p>14</p> <p>French Toast Sticks (4) Syrup Fresh Fruit Skim or 1% Milk</p>
<p>17</p> <p>Breakfast Pizza Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Muffin Town String Cheese Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Whole Grain Pancakes (1) w/ Sausage & Syrup Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Assorted Yogurt Cup Graham Fresh Fruit Skim or 1% Milk</p>	<p>21</p> <p>Whole Grain Waffles (2) Syrup Fresh Fruit Skim or 1% Milk</p>
<p>24</p> <p>Sausage Breakfast Sandwich Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Breakfast Cereal Yogurt Cup Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>French Toast Sticks (4) Syrup Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>Homemade Banana Bread (2WG) Fresh Fruit Skim or 1% Milk</p>	<p>28</p> <p>Whole Grain Pancakes (2) Syrup Fresh Fruit Skim or 1% Milk</p>
<p>31</p> <p>Egg & Cheese Breakfast Sandwich Fresh Fruit Skim or 1% Milk</p>				



GENUINE

October Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Patty Sandwich Steamed Corn Fresh Fruit Skim or 1% Milk	4 Teriyaki Meatballs Brown Rice Seasoned Black Beans Fresh Fruit Skim or 1% Milk	5 Sloppy Joe Sandwich Roasted Sweet Potato Wedges Fresh Fruit Skim or 1% Milk	6 Hot Dog on Whole Grain Bun Seasoned Carrots Skim or 1% Milk	7 Cheesy Baked Ziti Green Beans Fresh Fruit Skim or 1% Milk
10 Hamburger on Whole Grain Bun Baked Beans Fresh Fruit Skim or 1% Milk	11 BBQ Chicken Cornbread Glazed Carrots Fresh Fruit Skim or 1% Milk	12 Turkey & Cheese Melt Green Beans Fresh Fruit Skim or 1% Milk	13 Southwest Turkey Rice Bowl w/ Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	14 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk
17 Hot Dog on Whole Grain Bun Seasoned Carrots Fresh Fruit Skim or 1% Milk	18 Roasted Herb Chicken Mac and Cheese Green Beans Fresh Fruit Skim or 1% Milk	19 Chicken & Waffles Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	20 BBQ Meatballs Brown Rice Seasoned Green Peas Fresh Fruit Skim or 1% Milk	21 Baked Chicken Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
24 Chicken Aioli Sandwich Green Beans Fresh Fruit Skim or 1% Milk	25 Chicken Nuggets Sweet Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	26 Southwest Turkey Rice Bowl w/ Salsa Seasoned Black Beans Fresh Fruit Skim or 1% Milk	27 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk	28 Meatballs Cheesy Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
31 Hamburger on Whole Grain Bun Seasoned Green Peas Fresh Fruit Skim or 1% Milk				



GENUINE

October Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Grain Cracker 100% Juice Box (6 oz)	4 Gold Fish Apple	5 Whole Grain Cracker Pears	6 Sunchips 100% Juice Box (6 oz)	7 String Cheese Apple
10 Whole Grain Cracker 100% Juice Box (6 oz)	11 Gold Fish Apple	12 Whole Grain Cracker Pears	13 Sunchips 100% Juice Box (6 oz)	14 String Cheese Apple
17 Whole Grain Cracker 100% Juice Box (6 oz)	18 Gold Fish Apple	19 Whole Grain Cracker Pears	20 Sunchips 100% Juice Box (6 oz)	21 String Cheese Apple
24 Whole Grain Cracker 100% Juice Box (6 oz)	25 Gold Fish Apple	26 Whole Grain Cracker Pears	27 Sunchips 100% Juice Box (6 oz)	28 String Cheese Apple
31 Whole Grain Cracker 100% Juice Box (6 oz)				



October Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Veggie Burger on Whole Grain Bun Steamed Corn Fresh Fruit Skim or 1% Milk	4 Teriyaki Meatballs Brown Rice Seasoned Black Beans Fresh Fruit Skim or 1% Milk	5 Veggie Sloppy Joe Sandwich Roasted Sweet Potato Wedges Fresh Fruit Skim or 1% Milk	6 Chicken Ranch Sandwich Seasoned Carrots Fresh Fruit Skim or 1% Milk	7 Cheesy Baked Ziti Green Beans Fresh Fruit Skim or 1% Milk
10 Veggie Burger on Whole Grain Bun Baked Beans Fresh Fruit Skim or 1% Milk	11 BBQ Chicken Cornbread Glazed Carrots Fresh Fruit Skim or 1% Milk	12 Chicken Ranch Wrap Green Beans Fresh Fruit Skim or 1% Milk	13 Southwest Chick'n Rice Bowl Seasoned Black Beans Fresh Fruit Skim or 1% Milk	14 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk
17 Veggie Burger on Whole Grain Bun Seasoned Carrots Fresh Fruit Skim or 1% Milk	18 Roasted Herb Chick'n Mac and Cheese Green Beans Fresh Fruit Skim or 1% Milk	19 Chick'n & Waffles Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	20 BBQ Meatballs Brown Rice Seasoned Green Peas Fresh Fruit Skim or 1% Milk	21 Baked Chick'n Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
24 Chick'n Aioli Sandwich Green Beans Fresh Fruit Skim or 1% Milk	25 Chick'n Nuggets Sweet Potato Wedges Fresh Fruit Skim or 1% Milk	26 Southwest Chick'n Rice Bowl Seasoned Black Beans Fresh Fruit Skim or 1% Milk	27 Cheese Pizza Steamed Corn Fresh Fruit Skim or 1% Milk	28 Meatballs Cheesy Pasta Roasted Broccoli Fresh Fruit Skim or 1% Milk
31 Veggie Burger on Whole Grain Bun Seasoned Green Peas Fresh Fruit Skim or 1% Milk				