



# OCTOBER 2023

## K-8 LUNCH AND BREAKFAST MENU



### Additional Entree Choices

#### Monthly Entree Choice

Bean & Cheese Burrito

#### Grab & Go:

- Crispy Chicken Salad with croutons & fruit



#### CHOW OPTION

Grades 7 & 8 only

- 10/2: Spicy Chicken Sandwich
- 10/9: BBQ Rib Sandwich
- 10/16: Meatball Sub
- 10/23: Cheeseburger
- 10/30: Italian Sub

### Fresh Sides

Fresh baby carrots and garden side salads are offered daily in addition to the featured daily vegetable

### Monday

2 **Breakfast for Lunch**  
French Toast Sticks  
Sausage Links  
Cheesy Potato Bake  
Fresh Stone Fruit

**LEVEL UP WITH SCHOOL LUNCH**  
Fall Break Day

16 **Breakfast for Lunch**  
Confetti Pancakes  
Sausage Links  
Veggie Slush  
Fresh Grapes

23  
Chicken Nuggets  
Potato Smiles  
Peach Cup  
**Hugs Not Drugs Grahams**

30 **Breakfast for Lunch**  
Chocolate Chip Waffle  
Sausage Links  
Potato Wedges  
Fresh Cantaloupe

### Tuesday

3  
Beef & Bean Chili  
Cornbread  
Fresh Cucumber Slices  
Assorted Fresh Fruit

10 **START**  
Chicken & Waffles  
Cheesy Green Beans  
Assorted Fresh Fruit  
**National School Lunch Week**

17  
Beef Tot-chos  
Ranchero Beans  
Pretzel Fish Crackers  
Applesauce Cup

24  
Beef Taco Stick  
Bean Dip  
Salsa Cup  
Diced Mango Cup

31  
Beef & Cheese Tostada  
Apple Churro  
Refried Beans  
Frozen Fruit Cup

### Wednesday

4  
Pepperoni Personal Pan Pizza  
Steamed Broccoli  
Manager's Choice  
Fruit

11 **LUCKY TRAY DAY**  
Pepperoni Personal Pan Pizza  
Romaine Salad  
Fresh Melon Slices

18  
Pepperoni Personal Pan Pizza  
Fresh Carrot Sticks  
Assorted Fresh Fruit

25  
Pepperoni Personal Pan Pizza  
Romaine Salad  
Assorted Fresh Fruit

### Thursday

5  
BBQ Chicken Drumstick  
White Rice  
Pinto Beans  
Fresh Strawberries

12 **Half Day**  
Ham, Cheese & Crackers  
Fresh Baby Carrots  
Applesauce Cup

19  
Spaghetti & Meatsauce  
Dinner Roll  
Romaine Salad  
Assorted Fruit

26  
Orange Chicken  
Brown Rice  
California Blend Vegetables  
Pineapple Chunks

### Friday

6 Triple Cheese  
Spiral Macaroni  
Steamed Sunshine Carrots  
Fresh Grapes  
**Farmer's Market Educational Snack**

13 **Half Day**  
BBQ Chicken Jerky  
Sunflower Seeds  
Cheez-its  
Raisins  
Veggie Juice

20  
Chicken Sandwich, Crispy or Spicy  
Ranch Mashed Potatoes  
Mixed Fruit Cup

27  
Cheeseburger  
Carrot Sticks & Red Pepper Strips in Ranch Dip  
Fresh Grapes

### Breakfast



An assortment of site-based favorites are offered daily, including cereal, oatmeal choc. chip bars, bagel w/ cream cheese, plus our monthly feature.

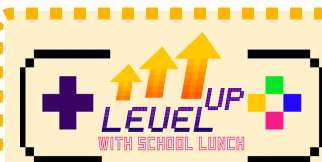
**Daily Feature:**  
Turkey Bacon Grilled Cheese



Meals also include fruit, juice & milk



Local fat-free and 1% white or non-fat chocolate milk available daily



**National School Lunch Week is October 10-13**

The National School Lunch Program was established and signed into law by President Harry S. Truman in 1946. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.