

OCTOBER Elementary Menus

Questions or
Comments?

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Monthly Promotion

World Smile Day- October 5th

Stickers will be given to all kids that eat in the cafeteria.

Spider-Man Day- October 13th

Lucky Trays for Spider-Man Prizes



Did you know?

Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!

Fresh Fruit &
Vegetable Bar
Served Daily!



This institution is an equal opportunity provider.

Monday

2 Breakfast
Cheese Omelet/Toast

Lunch
Ham & Cheese Wrap
Crispy Corn Dog
Chicken Tenders/Roll
Crinkle Cut Carrots

9 Breakfast
Mini Bagels/Cream Cheese

Lunch
*Cheesy Nachos
Fish Filet
Spaghetti / Meatballs
Refried Beans

16 STUDENT HOLIDAY

23 Breakfast
Cheese Omelet/Toast

Lunch
*Cheesy Nachos
Chicken Quesadilla
Juicy Hot Dog
Seasoned Refried Beans

30 Breakfast
Golden Pancakes

Lunch
Swedish Meatballs/Rice
Grilled Cheeseburger
*Cheesy Nachos
Peppered Broccoli

Tuesday

3 Breakfast
Banana Loaf

Lunch
Chicken Quesadilla
Turkey & Cheese Wrap
Crispy Fish Nuggets/Roll
Seasoned Charro Beans

10 Breakfast
Sweet Potato Chocolate
Chip Muffin

Lunch
*Sun Butter/Jelly Sandwich
Chili Cheese Baked Potato
Chicken Tenders / Roll
Steamed Baby Carrots

17 STUDENT HOLIDAY

24 Breakfast
Sausage English Muffin

Lunch
Baked Chicken Sandwich
Chili Cheese Baked Potato
Crispy Chicken Sandwich
Crispy Tater Tots

31 Breakfast
Breakfast on a Stick

Lunch
Ham/Turkey/Cheese Sand
Juicy Hot Dog
*Bean/Cheese Burrito
Peppered Corn

Wednesday

4 Breakfast
Yogurt Parfait

Lunch
Juicy Hot Dog
Swedish Meatballs / Rice
BBQ Beef Dippers
Peppered Corn

11 Breakfast
Breakfast Pizza

Lunch
Tater Tot Casserole
BBQ Pork Rib Sandwich
Chicken Caesar Salad
Steamed Broccoli

18 Breakfast
Sausage Biscuit

Lunch
BBQ Beef Dippers Sandwich
Orange Chicken / Rice
*Cheese Enchilada/Rice
Peppered Corn

25 Breakfast
Golden Pancakes

Lunch
*Grilled Cheese/Tom. Soup
Spaghetti / Meatballs
Grilled Hamburger
5 Way Mixed Veggies



Thursday

5 Breakfast
Honey Chicken Biscuit

Lunch
Chef Salad / Crackers
*Bean & Cheese Burrito
Chicken Nuggets / Roll
Spiced Green Beans

12 Breakfast
Ham & Cheese Muffin

Lunch
Fajita Wrap
Popcorn Chick. Potato Bowl
Beef Fingers Potato Bowl
Seasoned Mashed Potatoes

19 Breakfast
Kolache

Lunch
*Goopy Grilled Cheese
Beef Fingers / Roll
Spaghetti / Meatballs
Steamed Broccoli

26 Breakfast
Eggs/ English Muffin

Lunch
Popcorn Chicken / Roll
Cheese Enchilada/Rice
Savory Meatball Sub
Peppered Broccoli

*Vegetarian Option (or
vegetarian upon request)

Friday

6 STUDENT HOLIDAY

13 Breakfast
Mini Blueberry Waffles

Lunch
Pepperoni Pizza
Chicken Nuggets / Roll
Juicy Hot Dog
Seasoned Green Beans

20 Breakfast
Cinnamon Roll

Lunch
Grilled Cheeseburger
BBQ Roasted Chicken/Rice
*Sun Butter/Jelly Sandwich
Baked Beans

27 Breakfast
Yogurt Parfait

Lunch
Crispy Corn Dog
*Sun Butter/Jelly Sandwich
Lemon Fish Filet/Roll
Steamed Carrots



Fresh Fruit Selection &
Reduced Sugar Cereals
Available Daily at Breakfast

Breakfast Meal Price: Paid \$1.40 / Reduced \$0.30 Lunch Meal Price: Paid \$2.55 / Reduced \$0.40 Adult Meal Price: \$3.55