Monday

Tuesday

Wednesday

Thursday

Friday

Fruit & Yogurt Parfait* (V) Big Breakfast* Breakfast Condiment Bar Assorted Poptarts*(V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Oct 3

Fruit & Yogurt Parfait* (V) Biscuit*, Sausage & Cheese Sandwich Breakfast Condiment Bar Pancake on a Stick* Assorted Cereal*(V) Fruit Cups Orange Tangerine Juice 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait* (V) Breakfast Burrito* (V) Breakfast Condiment Bar Breakfast Pizza* Assorted Cereal*(V) Seasonal Fresh Fruit Apple Juice 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait* (V) Bagel* with Cream Cheese (V) Mini Donuts* (V) Assorted Cereal*(V) Orange Fruit Cups 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait* (V) English Muffin*, Egg & Cheese Sandwich & Tater Tots (V) Breakfast Condiment Bar Fruit Empanadas* (V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk

Oct 9

No School

Oct 10

Oct 11

No School

Oct 12

No School

Oct 19

Oct 13

No School

NF Chocolate Milk

Oct 16

Fruit & Yogurt Parfait* (V) Big Breakfast* Breakfast Condiment Bar Assorted Poptarts*(V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait* (V) Biscuit*, Sausage & Cheese Sandwich Breakfast Condiment Bar Pancake on a Stick* Assorted Cereal*(V) Fruit Cups Orange Tangerine Juice 1% Milk NF Chocolate Milk

No School

Oct 18

Fruit & Yogurt Parfait* (V) Breakfast Burrito* (V) Breakfast Condiment Bar Breakfast Pizza* Assorted Cereal*(V) Seasonal Fresh Fruit Apple Juice 1% Milk NF Chocolate Milk

Fruit & Yogurt Parfait* (V) Bagel* with Cream Cheese (V) Mini Donuts* (V) Assorted Cereal*(V) Orange Fruit Cups 1% Milk NF Chocolate Milk

Oct 20

Fruit & Yogurt Parfait* (V) English Muffin*, Egg & Cheese Sandwich & Tater Tots (V) Breakfast Condiment Bar Fruit Empanadas* (V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Oct 23

Fruit & Yogurt Parfait* (V) Big Breakfast* Breakfast Condiment Bar Assorted Poptarts*(V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Oct 24

Fruit & Yogurt Parfait* (V) Biscuit*, Sausage & Cheese Sandwich Breakfast Condiment Bar Pancake on a Stick* Assorted Cereal*(V) Fruit Cups Orange Tangerine Juice 1% Milk NF Chocolate Milk

Oct 25

Fruit & Yogurt Parfait* (V) Breakfast Burrito* (V) Breakfast Condiment Bar Breakfast Pizza* Assorted Cereal*(V) Seasonal Fresh Fruit Apple Juice 1% Milk NF Chocolate Milk

Oct 26

Fruit & Yogurt Parfait* (V) Bagel* with Cream Cheese (V) Mini Donuts* (V) Assorted Cereal*(V) Orange Fruit Cups 1% Milk NF Chocolate Milk

Oct 27

Fruit & Yogurt Parfait* (V) English Muffin*, Egg & Cheese Sandwich & Tater Tots (V) Breakfast Condiment Bar Fruit Empanadas* (V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Oct 30

Fruit & Yogurt Parfait* (V) Big Breakfast* Breakfast Condiment Bar Assorted Poptarts*(V) Assorted Cereal*(V) Berries Seasonal Fresh Fruit 1% Milk NF Chocolate Milk

Oct 31

Fruit & Yogurt Parfait* (V) Biscuit*, Sausage & Cheese Sandwich Breakfast Condiment Bar Pancake on a Stick* Assorted Cereal*(V) Fruit Cups Orange Tangerine Juice 1% Milk NF Chocolate Milk

USDA and this institution are equal opportunity providers and employers.

Menu subject to change.

Whole grain items are indicated by *.

Vegetarian items are indicated by (V).

HS LUNCH TRANSPORT 9-12

Monday

Tuesday

Wednesday

Friday Thursday

Pizza Bar* (V) with Salad Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 3

Frito Chili Boat* Turkey & Cheese Sandwich* Spicy Chicken Salad* with Breadstick* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 4

Spicy Patty Melt* & Fries Hamburger* & Fries Chicken Caesar Salad* Grilled Cheese Sandwich* (V) with Chips Salad Bar 1% Milk NF Chocolate Milk

Oct 5

BBQ Chicken Meal* Nacho Bar* (V) Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Pizza Bar* (V) with Salad Spicy Chicken Sandwich* with Fries Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 9

No School

Oct 10

No School

Oct 11

No School

Oct 12

Oct 19

No School

Oct 13

No School

Oct 16

Pizza Bar* (V) with Salad Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 17

Frito Chili Boat* Turkey & Cheese Sandwich* Spicy Chicken Salad* with Breadstick* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 18

Spicy Patty Melt* & Fries Hamburger* & Fries Chicken Caesar Salad* Grilled Cheese Sandwich* (V) with Chips Salad Bar 1% Milk NF Chocolate Milk

BBQ Chicken Meal* Nacho Bar* (V) Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 20

Oct 27

Pizza Bar* (V) with Salad Spicy Chicken Sandwich* with Fries Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 23

Pizza Bar* (V) with Salad Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 24

Frito Chili Boat* Turkey & Cheese Sandwich* Spicy Chicken Salad* with Breadstick* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 25

Spicy Patty Melt* & Fries BBQ Chicken Meal* Hamburger* & Fries Nacho Bar* (V) Chicken Caesar Salad* Chef's Salad* Grilled Cheese Sandwich* (V) Fruit & Yogurt Parfait* (V) Salad Bar with Chips Salad Bar 1% Milk 1% Milk NF Chocolate Milk NF Chocolate Milk

Oct 26

Pizza Bar* (V) with Salad Spicy Chicken Sandwich* with Fries Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 30

Pizza Bar* (V) with Salad Chef's Salad* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk NF Chocolate Milk

Oct 31

Frito Chili Boat* Turkey & Cheese Sandwich* Spicy Chicken Salad* with Breadstick* Fruit & Yogurt Parfait* (V) Salad Bar 1% Milk

NF Chocolate Milk

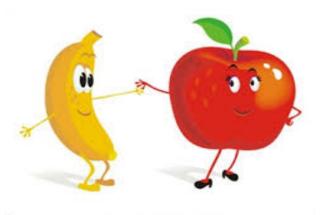
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Whole grain items are indicated by *.

Vegetarian items are indicated by (V).

Aug 21, 2023

PRESCHOOL BREAKFAST



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Monday	Tuesday	Wednesday	Thursday	Friday
Oct 2 Cinnamon Toast Crunch Cereal* (V) Apple Slices 1% Milk	Pancake on a Stick* Fruit Cups 1% Milk	Oct 4 Breakfast Pizza* Orange 1% Milk	Oct 5 Yogurt Variety (V) Assorted Crackers* Berries 1% Milk	Honey Cheerios* (V) Fruit Cups 1% Milk
Oct 9 No School	Oct 10 No School	Oct 11 No School	Oct 12 No School	No School
Oct 16 Cinnamon Toast Crunch Cereal* (V) Apple Slices 1% Milk	Oct 17 Pancake on a Stick* Fruit Cups 1% Milk	Oct 18 Breakfast Pizza* Orange 1% Milk	Yogurt Variety (V) Assorted Crackers* Berries 1% Milk	Honey Cheerios* (V) Fruit Cups 1% Milk
Cinnamon Toast Crunch Cereal* (V) Apple Slices 1% Milk	Pancake on a Stick* Fruit Cups 1% Milk	Oct 25 Breakfast Pizza* Orange 1% Milk	Yogurt Variety (V) Assorted Crackers* Berries 1% Milk	Honey Cheerios* (V) Fruit Cups 1% Milk
Oct 30 Cinnamon Toast Crunch Cereal* (V) Apple Slices 1% Milk	Oct 31 Pancake on a Stick* Fruit Cups 1% Milk			

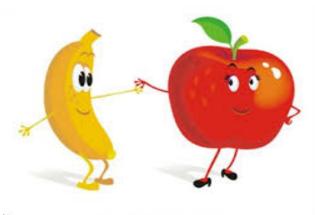
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Aug 22, 2023



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Monday **Tuesday** Wednesday **Thursday Friday** Oct 2 Oct 3 Oct 4 Oct 5 Oct 6 Cheese Pizza* (V) Frito Chili Boat* Hamburger* & Fries BBQ Chicken Meal* Fruit & Yogurt Parfait* (V) Apple Slices Chopped Romaine Orange Broccoli florets **Baby Carrots** Pineapple & Tajin 1% Milk 1% Milk with Tomato Slices 1% Milk 1% Milk Fruit Cups Ketchup 1% Milk Oct 9 Oct 10 Oct 11 Oct 12 Oct 13 No School No School No School No School No School Oct 16 Oct 17 Oct 18 Oct 19 Oct 20 Cheese Pizza* (V) Frito Chili Boat* Hamburger* & Fries BBQ Chicken Meal* Fruit & Yogurt Parfait* (V) Baby Carrots Apple Slices Chopped Romaine Orange Broccoli florets Pineapple & Tajin 1% Milk 1% Milk with Tomato Slices 1% Milk 1% Milk Fruit Cups Ketchup 1% Milk Oct 23 Oct 24 Oct 25 Oct 26 Oct 27 Cheese Pizza* (V) Frito Chili Boat* Hamburger* & Fries BBQ Chicken Meal* Fruit & Yogurt Parfait* (V) Baby Carrots Apple Slices Chopped Romaine Orange Broccoli florets Pineapple & Tajin 1% Milk with Tomato Slices 1% Milk 1% Milk 1% Milk Fruit Cups Ketchup 1% Milk Oct 30 Oct 31 Cheese Pizza* (V) Frito Chili Boat* Baby Carrots Apple Slices Pineapple & Tajin 1% Milk 1% Milk

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Aug 21, 2023