

Breakfast

OCTOBER 2024

MON	TUE	WED	THU	FRI
	1 Yogurt w/ Graham Crackers Grab & Go	2 Cinnamon Raisin Bagel w/ Butter Grab & Go	3 CLOSED	4 CLOSED
7 WGR Cinnamon Bar Grab & Go	8 Yogurt w/ Graham Crackers Grab & Go	9 Trix Cereal Grab & Go	10 Bagel w/ Cream Cheese Grab & Go	11 WG Blueberry Muffin Grab & Go
14 CLOSED	15 Yogurt w/ Graham Crackers Grab & Go	16 Frosted Corn Flakes Grab & Go	17 Reduced Sugar Cinnamon Toast Crunch Grab & Go	18 Cinnamon Crisp Bar Grab & Go
21 Cocoa Bar Grab & Go	22 Yogurt w/ Graham Crackers Grab & Go	23 Honey Cheerios Grab & Go	24 Bagel w/ Cream Cheese Grab & Go	25 WG Apple Cinnamon Cheerios Grab & Go
28 Multi-Grain Cheerios Grab & Go	29 Yogurt w/ Graham Crackers Grab & Go	30 Cinnamon Raisin Bagel w/ Butter Grab & Go	31 WG Honey Cheerios Grab & Go	

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup



LUNCH K-8

OCTOBER 2024

MON	TUE	WED	THU	FRI
	1 Chicken Tenders with Roasted Potatoes or Protein Pasta Alfredo [✓] WW Bread Slice Peas Fresh Pear	2 Turkey Hot Dog on WW Bun with Baked Beans or Spanish Rice w/ Cheese & Kidney Beans [✓] Fresh Apple	3 Cheese Lasagna [✓] w/ Tomato Sauce & Green Beans or Chicken Caesar Salad with Pita Bread Fresh Banana	4 French Bread Cheese Pizza [✓] or Chicken Breast Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins
7 Cheese Beef Burger on WW Bun or Egg & Cheese Sandwich on English Muffin [✓] Roasted Potatoes Fresh Orange	8 Turkey Salsa Bowl Ranchero Brown Rice & Pinto Beans or Spanish Rice w/ Cheese & Kidney Beans [✓] Fresh Pear	9 Thai Noodle Bowl or Veggie Burger [✓] on WW Bun Garden Side Salad w/ Ranch Fresh Apple	10 Cheesy Crispy Chicken Biscuit with Celery Sticks w/ Ranch or Cobb Salad [✓] with Pita Bread Fresh Banana	11 Cheese Pizza [✓] or Turkey & Cheese Sandwich on WW Bread Baby Carrots w/ Ranch Dressing Raisins
14 Chicken Nuggets with Baked Beans or Falafel Bites [✓] with Quinoa Pilaf Black Beans & Tomato Fresh Orange	15 Homemade Macaroni & Cheese [✓] or Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese WW Club Roll Broccoli Fresh Pear	16 French Toast Sticks w/ Scrambled Eggs [✓] or Chicken Cutlet Sandwich Sandwich Roasted Sweet Potatoes Fresh Apple	17 Adobo Chicken with Cilantro Brown Rice & Street Corn or Veggie Burger [✓] on WW Bun Roasted Potatoes Fresh Banana	18 French Bread Cheese Pizza [✓] or Egg Salad Sandwich [✓] on WW Bread Celery Sticks w/ Ranch Dressing Applesauce
21 Cheese Quesadilla [✓] w/ Sour Cream on WW Tortilla with Street Corn or Beef Meatloaf w/ Gravy WW Bun & Mashed Potatoes Fresh Orange	22 BBQ Chicken with Brown Rice & Baked Beans or Chickpea Marinara Pasta [✓] w/ Cheese Fresh Pear	23 Buffalo Chicken Flatbread Melt [✓] Celery Sticks w/ Ranch Dressing Or Cheese Raviolis [✓] w/ Tomato Sauce & Green Beans Fresh Apple	24 Stuffed Bread Sticks [✓] Marinara Dipping Sauce & 100% Sun Splash Juice or Turkey Fajita with Brown Rice and Carrots Fresh Banana	25 Cheese Pizza [✓] Or Chicken Salad Sandwich on WW Bread Garden Side Salad w/ Ranch Raisins
28 BBQ Beef Meatballs WW Club Roll or Pasta w/ Tomato Sauce & Mozzarella Cheese [✓] Broccoli Fresh Orange	29 Chicken Tenders with Roasted Potatoes or Protein Pasta Alfredo [✓] WW Bread Slice Peas Fresh Pear	30 Turkey Hot Dog on WW Bun with Baked Beans or Spanish Rice w/ Cheese & Kidney Beans [✓] Fresh Apple	31 Cheese Lasagna [✓] w/ Tomato Sauce & Green Beans or Chicken Caesar Salad with Pita Bread Fresh Banana	

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SNACK

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MON	TUE	WED	THU	FRI
	1 WG Baked Cheetos 100% Fruit Juice	2 WG Graham Crackers Strawberry Yogurt	3 WG Pretzels Cheese Stick	4 WG Corn Muffin 100% Orange Juice
7 WG Tostitos 100% Apple Juice	8 WG Cheez-its 100% Fruit Juice	9 WG Sunchips 100% Orange Juice	10 String Cheese Fresh Large Apple	11 WG Graham Crackers 100% Orange Juice
14 WG Pretzels 100% Apple Juice	15 WG Graham Crackers 100% Fruit Juice	16 WG Cheez-its 100% Orange Juice	17 WG Blueberry Muffin String Cheese	18 WG Tostitos 100% Orange Juice
21 WG Graham Crackers 100% Apple Juice	22 Doritos RF Cool Ranch 100% Fruit Juice	23 WG Pretzels 100% Orange Juice	24 Apple Cinnamon Muffin String Cheese	25 WG Cheez-its 100% Orange Juice
28 WG Cheez-its 100% Apple Juice	29 WG Baked Cheetos 100% Fruit Juice	30 WG Graham Crackers Strawberry Yogurt	31 WG Pretzels Cheese Stick	

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