

All students are now entitled to one free breakfast and one free lunch daily.

A meal **MUST** be complete to be **FREE**

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

Breakfast Milk Choices

1% Milk
Skim Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult—\$2.95

Food Provided by:

Whitson's Culinary Group

MON

TUE

WED

THU

FRI



6 BBQ Beef Meatballs
WW Club Roll
Broccoli
Fresh Orange
Vegetarian Meal
Pasta w/ Tomato Sauce &
Mozzarella Cheese
Broccoli
Fresh Orange

13
COLUMBUS DAY
SCHOOL CLOSED

20
DIWALI
SCHOOL CLOSED

27 Meatloaf
WW Bun
Mashed Potatoes
Fresh Orange
Vegetarian Meal
Cheese Quesadilla
Street Corn
Fresh Orange

7 Chicken Tenders w/Ketchup
Roasted Potatoes
Fresh Pear
Vegetarian Meal
Alfredo Pasta
WW Bread Slice
Peas
Fresh Pear

14 Chicken Nuggets
Baked Beans
Fresh Pear
Vegetarian Meal
Falafel Bites, Quinoa Pilaf w/
Black Beans & Tomatoes
Fresh Pear

21 Macaroni & Cheese
Broccoli
Fresh Pear

28 Chicken Breaded Patty w/
BBQ Sauce
Baked Bean Salad
Fresh Pear
Vegetarian Meal
Spanish Rice w/Cheese and
Beans
Fresh Pear

1 Macaroni & Cheese
Broccoli
Fresh Apple

8 Turkey Hot Dog w/
Ketchup
Baked Bean Salad
Fresh Apple
Vegetarian Meal
Spanish Rice w/Cheese and
Beans
Fresh Apple

15 Beef Enchilada
Garden Salad
Ranch Dressing
Fresh Apple
Vegetarian Meal
Cobb Salad w/Ranch Dressing
Corn Muffin
Fresh Apple

22 French Toast Sticks w/
Scrambled Eggs, Syrup
Roasted Sweet Potatoes
Fresh Apple

29 Macaroni & Cheese
Broccoli
Fresh Apple

2 YOM KIPPUR
SCHOOL CLOSED

9 Lasagna Roll Up w/
Green Beans
Fresh Banana

16 Butter Chicken
Rice and Peas
Fresh Banana
Vegetarian Meal
Veggie Patty on a Bun
Roasted Potatoes
Fresh Banana

23 Salisbury Steak w/ Gravy
Roasted Potatoes, WW Bun
Fresh Banana
Vegetarian Meal
Veggie Burrito
Street Corn
Fresh Banana

30 Stuffed Bread Sticks
Marinara Sauce
100% Sun Splash Juice
Fresh Banana

3 Galaxy Cheese Pizza
Garden Salad
Ranch Dressing
Raisins

10 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins

17 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Raisins

24 Galaxy Cheese Pizza
Baby Carrots
Ranch Dressing
Applesauce

31 Galaxy Cheese Pizza
Garden Salad
Ranch Dressing
Raisins