



This month we're celebrating autumn squash

Corpus Christi OCT

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: Mini Bagel Fun Lunch				
1-Oct	2-Oct	3-Oct	4-Oct	5-Oct
Whole Grain Spaghetti and Meatballs Baby Carrots	Whole Grain Chicken Nuggets Mashed Potatoes Whole Grain Biscuit	NO SCHOOL	Chicken and Cheese Quesadilla Steamed Corn Tomato Salsa	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 2: Muffin Fun Lunch				
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct
	Whole Grain Chicken Nuggets Seasoned Broccoli Whole Grain Biscuit	Mac and Cheese Seasoned Peas	Crispy Chicken Sandwich Buffalo Cauliflower	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 3: Cereal Fun Lunch				
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct
Italian Meatball Sub Seasoned Peas	Whole Grain Chicken Nuggets Butter Nut Squash Whole Grain Biscuit	French Bread Cheese Pizza Steamed Broccoli	Beef Nachos Mexican Rice	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 4: Muffin Fun Lunch				
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct
Chicken Parm Sandwich Seasoned Cauliflower	Whole Grain Chicken Nuggets Seasoned Spinach Whole Grain Biscuit	Cheese or Hamburger Waffle Fries	French Toast Sticks Turkey Sausage Mini Hash browns	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Week 5: Mini Bagel Fun Lunch				
29-Oct	30-Oct	31-Oct	1-Nov	2-Nov
Whole Grain Spaghetti and Meatballs Baby Carrots	Whole Grain Chicken Nuggets Mashed Potatoes Whole Grain Biscuit	Turkey Corn dog Roasted Green Beans	French Toast Sticks Turkey Sausage Mini Hash browns	Classic Cheese Pizza Classic Pepperoni Pizza Colorful Tossed Salad
Fruit and Vegetable Bar (Available Daily)				
Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad	Fresh whole Fruit Chilled Fruit salad
Carrot Sticks	Celery Sticks	Fresh Broccoli Florets	Corn & Black Bean Salsa	Red Pepper Slices
Sweet Corn Salad	Chick Peas	Fresh Baby Carrots	Sliced Cucumbers	Power Peas
Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad	Mixed Bean Salad
Daily Alternate Meals				
SB & J	SB & J	SB & J	SB & J	SB & J
	Peach and Strawberry Smoothie	Blueberry and Banana Smoothie	Orange and Pineapple Smoothie	
2-Turkey and Cheese on Wheat	2- Chef Salad w/ Bread Stick	2- Crispy Chicken Caesar Salad Wrap	2-Turkey and Cheese Wrap	2-Mixed Green Salad w/ Cheese and Bread Stick

ELEMENTARY: A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dishes, fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.

Please contact me with any questions, comments or concerns.

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