

Nutrition & Wellness

October 2024



Breakfast Menu - served 7:45-8:05 a.m.

October 2024		Meatless Monday	Taco Tuesday	Wednesday	Tasty Thursday	
Breakfas	Sept 30- Oct 11th	-	FAL BREA	LK	3	
	14- 17	Muffin & Smoothie	Breakfast Chilaquiles	Chicken & Waffles	Bagel & Cream Cheese	
Family Night	21-24	Banana Bread	Breakfast Burrito	Breakfast Pizza	Sausage Biscuit	
is Thursday October 24	28-31	Cinnamon Roll	Huevos Rancheros Local Eggs	Blue Corn Waffle & Pumpkin Spice Syrup	Cheese Pizza stick	
4-5:30 PM		Assorted Cereal	Assorted Cereals as an alternative to Main Entrée			
		Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg				
	Da	Daily Choice of Fresh Fruits, Applesauce or Raisins Daily Choice of Skim or Fat Free White Milk				
National Market Fa:	tober is ational rm to hool		Lunch Menu -	Served 11:30-12:55		
M	onth	Meatless Mond	day Taco Tuesday	Where in the World? Wednesday	Thankful Thursday	
Lunch WORLD FOOD DAY	SCHOOL LUNCH PIRATES FIND YOUR TREASUR OCTUBER 14-16.	Pirate Plunder Pasta & Garlic Plank	Pork Pozole & Local Chips	Orange Chicken Cilantro Brown Rice World Food Day!	All School Field Trip Sack Lunches for all! Ham & Cheese Croissant Or PB & J Sand with Pirate Booty	
num	21-24	Kicking' Tenders	Fish Tacos	Pizza	Crispy Caesar Chicken Sandwich	
	28-31 Celebrate Farm to Scho	Three Sister Enchilac Casserole	S'oam Bavĭ Bowl (Tepary Bean, Chicken & Rice Burrito Bowl)	Thai Peanut Chicken & Noodles Bowl	Beef Hot Dog Local Potatoes Wedges	
	Cold Choice Of T Day	Peanut Butter & Jell	y Nacho Fun Box	Chicken Caesar Salad	Yogurt Fun Box	
Mix it U	D _{RAM}	at no charge		ad and Vegetables. Daily Choice of the state	TaoX .	

This institution is an equal opportunities provider. Menu subject to change without prior notice.



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