









OCTOBER 2023

Menu

Menu is Subject to Change without notice

Cycle Date					
Week Oct. 2-6	Chicken Strips w/ Tater Tots & Goldfish or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Spaghetti w/ Meatballs Marinara Sauce & Bread Sticks or Turkey & Cheese Sandwich w/ Side Salad or Mandarin Chicken	Orange Chicken w/ Brown Rice & Broccoli or Ham & Cheese Sandwich w/ Side Salad or Veggies & Hummus Salad w/ Pita	Popcorn Chicken Mashed Potato Bowl w/ Gravy or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Cheese Pizza w/ Side Salad or WG Bean & Cheese Burrito or Veggies & Hummus Salad w/ Pita
Week Oct. 9-13	Steak Burger w/ Baked Waffle Fries or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken Salad	Crispy Taco w/ Cheese Rice & Beans or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken Salad	Teriyaki Beef Dunkers w/ Broccoli & Brown Rice or WG Bean & Cheese Burrito or Chef Salad	French Toast Sticks, Beef Sausage Patty, 100% Juice or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken Salad	Cheese pizza w/ Side Salad or Veggies & Hummus Salad w/ Pita or WG Bean & Cheese Burrito
Week Oct. 16-20	Bosco Cheese Sticks W Marinara and Carrots or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken Salad	Chicken Sandwich on WG Bun w/ Potato Wedges or WG Bean & Cheese Burrito or Chicken Caesar Salad	Rotini w/ Meat Sauce, Green Salad & Dinner Roll or Veggies & Hummus Salad w/ pita	Orange Chicken w/ Brown Rice & Broccoli or Turkey and Cheese Sandwich or Mandarin Chicken Salad	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
Week Oct. 23-27	Chicken Strips w/ Tater Tots & Goldfish or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Taco w/ Beans, Rice, & Cheese or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken Salad	Breaded & Baked Chicken Drumsticks & Waffles or Turkey and Cheese Sandwich w/ Side Salad or Mandarin Chicken Salad	BBQ Rib Sandwich on a Hoagie w/ Baked Wedges or WG Bean & Cheese Burrito or Chicken Caesar Salad	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
Week Oct. 30-31	Chicken Strips w/ Tater Tots & Goldfish or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Spaghetti w/ Meatballs Marinara Sauce & Bread Sticks or Turkey & Cheese Sandwich w/ Side Salad or Mandarin Chicken			

Offered with Every Meal: Fruit: fresh, or canned - Milk offered Daily: 1% and nonfat white and nonfat chocolate

2-Week Cycle Elementary Breakfast Menu					
 Cycle Date	     <p>Menu is Subject to Change without notice</p>				
	Cycle 1 Oct. 2-6 Oct. 16-20 Oct. 30-31	Coffee Cake Or Cereal w/ Graham Crackers	Croissant w/Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Assorted Muffin w/ Yogurt Or Cereal w/ String Cheese
Cycle 2 Oct. 9-13 Oct. 23-27	Scrambled Eggs w/Hash Browns Or Cereal w/String Cheese	Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	French Toast Sticks Or Cereal w/Graham Crackers	Build Your Own Yogurt Parfait Or Cereal w/String Cheese