

7-12 Breakfast Menu

October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
3 *Mini Loaf, String Cheese 1% White Milk	4 *Mini Banana Pancakes 1% White Milk	5 *Whole Grain Bagel, Cream Cheese, Apple Sauce 1% White Milk	6 *Whole Grain Cereal, Whole Grain Bites 1% White Milk	7 *Waffle 1% White Milk
10 *Crumb Cake 1% White Milk	11 *French Toast Stix 1% White Milk	12 *Banana Bread 1% White Milk	13 *Whole Grain Cereal, Whole Grain Bites 1% White Milk	14 *Green Chile Potato Burrito 1% White Milk
17 *Yogurt, Proball 1% White Milk	18 *Chicken & Waffle 1% White Milk	19 *Pan Dulce, Apple Sauce 1% White Milk	20 *Whole Grain Cereal, Whole Grain Bites 1% White Milk	21 *Bean & Cheese Burrito 1% White Milk
24 *Apple Cinnamon Chewie Bar 1% White Milk	25 *Chicken Sausage Maple Biscuit, Jelly 1% White Milk	26 *Whole Grain Bagel, Cream Cheese, Apple Sauce 1% White Milk	27 *Whole Grain Cereal, Whole Grain Bites 1% White Milk	28 *Breakfast Cheese Tamale 1% White Milk
31 *Coffee Cake 1% White Milk				

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.

This institution is an equal opportunity provider.



7-12 School Lunch Menu

October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
3 Green Chile Chicken Salad Sandwich, Veggie Dippers *Plant-based "Chicken" Chile Verde, Brown Rice, Mixed Vegetables -Breaded Chicken Patty Burger, Potato Salad	4 Turkey & Provolone Cheese Sandwich, Veggie Dippers *Vegetable Burger, Oven Baked Fries -Ground Turkey, Bean & Cheese Nachos	5 Orange Chicken, Noodles, Steamed Broccoli - Mexican Chicken Salad, Tortilla Chips *Plant-based Orange "Chicken", Noodles, Steamed Broccoli	6 Egg Salad Sandwich, Veggie Dippers *Pea Protein "Beef", Bean & Cheese Nachos, Veggie Dippers -Beef Hot Dog, Oven Baked Fries	7 Cheese Tamales, Mixed Vegetables -Chicken & Provolone Sandwich, Veggie Dippers
10 *Plant-based BBQ "Chicken" Sandwich, Veggie Dippers, 100% Fruit Juice -Beef, Bean & Cheese Burrito Salad- Chicken Taco Salad, Pinto Beans, Baked Chips	11 Turkey & Cheddar Cheese Sandwich, Veggie Dippers *Plant-based "Chicken" Fajitas, Refried Beans, Whole Grain Chips - Chicken Nuggets, Mashed Potatoes, Whole Grain Chips	12 *Vegetable Hot Dog, Oven Baked Fries -Philly Cheese Steak Sandwich, Bean & Corn Salad -Tuna Salad Sandwich, Veggie Dippers	13 Turkey Pastrami & Provolone Cheese Sandwich, Veggie Dippers *Plant-based Teriyaki "Chicken", Brown Rice, Fruit -Teriyaki Chicken, Steamed Broccoli	14 *Pea Protein "Beefy" Tomato Macaroni -Chicken Parmesan Sandwich, Oven Baked Fries -Wowbutter & Jelly Sandwich, Veggie Dippers
17 *Plant-based "Chicken" Chile Verde, Brown Rice, Mixed Vegetables -Shredded Beef & Potato Burrito Salad- Asian Chicken Salad, Baked Chips	18 *Vegetable Burger, Oven Baked Fries Salad- Chicken Taco Salad, Pinto Beans, Baked Chips -Cheeseburger, Oven Baked Fries	19 *Plant-based Orange "Chicken", Noodles, Steamed Broccoli -Chicken Fajitas, Refried Beans, Tortilla Chips -Chicken & Provolone Sandwich, Veggie Dippers	20 Beefy Macaroni -Egg Salad Sandwich, Veggie Dippers *Vegetarian- Pea Protein "Beef", Bean & Cheese Nachos, Veggie Dippers	21 Mexican Chicken Salad, Tortilla Chips -General Tso's Chicken, Brown Rice, Steamed Broccoli *Spaghetti Pea Protein "Meat", Sauce, Steamed Carrots
24 Turkey Ham, Turkey & Cheese Sandwich, Veggie Dippers *Plant-based BBQ "Chicken" Sandwich, Veggie Dippers, 100% Fruit Juice -BBQ Chicken Sandwich, Coleslaw	25 Mongolian Beef, Noodles, Steamed Broccoli *Plant-based "Chicken" Fajitas, Refried Beans, Whole Grain Chips Salad- Tuna Salad, Baked Chips	26 *Vegetable Hot Dog, Oven Baked Fries -Beef & Beans, Roasted Corn Chili, Tortilla Chips -Tuna Salad Sandwich, Veggie Dippers	27 Turkey Pastrami & Provolone Cheese Sandwich, Veggie Dippers *Plant-based Teriyaki "Chicken", Brown Rice, Fruit -Chicken Enchiladas, Mixed Vegetables	28 Soybutter & Jelly Sandwich, Veggie Dippers *Pea Protein "Beefy" Tomato Macaroni -Chicken Bites, Baked Beans, Whole Grain Chips
31 *Vegetarian Option -Chicken Tamales, Mixed Vegetables, Dessert				

1% White Milk & Fat Free Chocolate Milk Offered Daily