

Last updated: 10/5/20 at 1:00 pm

Menus subject to change.

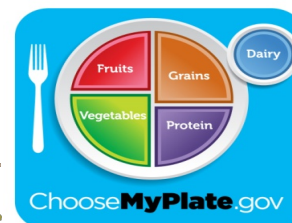
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Banana Muffin	Bean & Cheese Burrito	Cinnamon French Toast	Blueberry Muffin	Mexican Concha
BBQ Chicken on a Bun w/carrots (3/4c)	Beef Chili Cheese Tater Tots (3/4c) w/ dinner roll	Garlic Pesto Cheese Pasta w/broccoli (3/4c)	Creamy Chicken Chipotle w/brown rice (3/4c) & pinto beans (3/4c)	Hawaiian Chicken & Brown Rice (3/4c) w/carrots (3/4c)
9	10	11	12	13
Pancakes	Bean & Cheese Burrito	Cinnamon French Toast	Pizza Bagel	Waffles
Vegetarian Lasagna w/carrots (3/4c)	Chicken, Sausage, Brown Rice Jambalaya w/dinner roll & whole kernel corn (3/4c)	Lemon Pepper Chicken & Brown Rice (3/4c) w/broccoli (3/4c)	Cilantro Chicken Salad Hoagie Sandwich w/bbq bean salad (3/4c)	Turkey & Cheese Sandwich w/carrot sticks (3/4c)
16	17	18	19	20
Banana Muffin	Bagel & Jelly	Coffee Crumble Muffin	Blueberry Muffin	Waffles
Hawaiian Chicken on a Bun w/carrots (3/4c)	Honey BBQ Wings w/dinner roll & mashed potatoes (3/4c)	Chicken Alfredo Pasta w/broccoli (3/4c)	Cajun Cheese Pasta w/bbq bean salad (3/4c)	Turkey Hot Dog on a Bun w/carrots (3/4c)
23	24	25	26	27
Banana Muffin	Bean & Cheese Burrito	Coffee Crumble Muffin	Blueberry Muffin	Waffles
Italian Turkey, Turkey Ham & Cheese Hoagie Sandwich w/carrot sticks (3/4c)	Beef Chili Cheese Tater Tots (3/4c) w/ dinner roll	Teriyaki Chicken Chow Mein w/broccoli (3/4c)	Creamy Chicken Chipotle w/brown rice (3/4c) & pinto beans (3/4c)	Chicken Alfredo Pasta w/carrots (3/4c)
30	1	2	3	4
Pancakes	Bagel & Jelly	Cinnamon French Toast	Pizza Bagel	Mexican Concha
Cheeseburger w/carrots (3/4c)	Turkey & Cheese Bagel Sandwich w/bbq corn salad (3/4c)	Marinara Cheese Pasta w/broccoli (3/4c)	Cilantro Chicken Salad Hoagie Sandwich w/bbq bean salad (3/4c)	Chicken Teriyaki & Brown Rice (3/4c) w/carrots (3/4c)

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

School Notes:

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FreshStart
 HEALTHY SCHOOL MEALS
 eat right, be bright!