

# Grades K-12 Cafeteria Breakfast and Lunch Menu - October 2015

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<b>Notes about the menu:</b> * Bolded items served in classroom and grab-and-go sites * All cereals are reduced sugar * Cheeses are reduced fat * All grain products are whole grain or whole wheat	<b>Breakfast Milk Choices</b> <i>1 % Plain &amp; Nonfat Plain</i> <b>Lunch Milk Choices</b> <i>1% Plain, Nonfat Plain, &amp; Chocolate</i>	* Locally grown produce is sourced when available. * <sup>L</sup> stands for locally grown products * <sup>V</sup> stands for vegetarian * A variety of fresh fruits and vegetables are offered daily * In addition to daily vegetables, baby carrots offered M/W/F and cucumber slices T/TH * All salads are served with a whole grain tortilla	Breakfast Sandwich w/ Egg & Cheese on a Biscuit <sup>1</sup> <b>Or Assorted Whole Grain Cereals w/ a Cheese Stick</b> <b>Fresh Fruit</b>  Crispy Baked Fish Filet on a Roll Or Chicken Caesar Salad Or Toasted Cheese Sandwich <sup>V</sup> Celery Sticks Fresh Fruit	Whole Grain Waffles <sup>2</sup> <b>Or Honey Wheat Bagel w/ Cream Cheese</b> <b>Fresh Fruit</b>  Cheese Pizza <sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Garden Salad Fresh Fruit
Lunch	* All menu items that contain peanuts or tree nuts as an ingredient are clearly named * A variety of condiments offered daily	<b>Breakfast and Lunch FREE for ALL Students</b> <i>Menus are subject to change</i>			
Breakfast	<b>Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese</b> <sup>5</sup> Or Fruited Yogurt with Grahams <b>Fresh Fruit</b>	Whole Grain French Toast Sticks <sup>6</sup> <b>Or Assorted Whole Grain Cereals w/ a Cheese Stick</b> <b>Fresh Fruit</b>	Egg & Cheese Omelet w/ Toast <sup>7</sup> <b>Or Assorted Whole Grain Cereals w/ Grahams</b> <b>Fresh Fruit</b>	Whole Grain Pancakes <sup>8</sup> <b>Or Fruited Yogurt with Grahams</b> <b>Fresh Fruit</b>	Breakfast Sandwich w/ Egg & Cheese on a Biscuit <sup>9</sup> <b>Or Whole Grain Blueberry Bagel w/ Cream Cheese</b> <b>Fresh Fruit</b>
Lunch	Grilled BBQ Chicken Sandwich Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Sweet Potato Wedges Fresh Fruit	Creamy Macaroni and Cheese <sup>V</sup> Or Southwestern Salad w/ Chicken Or Toasted Cheese Sandwich <sup>V</sup> Broccoli Florets Fresh Fruit	Meatball Sub w/ Parmesan Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Sweet Corn Fresh Fruit	Pollo Guisado with Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich <sup>V</sup> Sizzlin' Black Beans Fresh Fruit	Cheese Pizza <sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Garden Salad Fresh Fruit
Breakfast	<b>Columbus Day</b> <b>No School</b> <sup>12</sup>	<b>Honey Wheat Bagel w/ Cream Cheese</b> <sup>13</sup> Or Assorted Whole Grain Cereals w/ a Cheese Stick <b>Fresh Fruit</b>	Whole Grain Waffles <sup>14</sup> <b>Or Fruited Yogurt w/ Grahams</b> <b>Fresh Fruit</b>	Breakfast Sandwich w/ Egg & Cheese on a Biscuit <sup>15</sup> <b>Or Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese</b> <b>Fresh Fruit</b>	Whole Grain French Toast Sticks <sup>16</sup> <b>Or Assorted Whole Grain Cereals w/ a Cheese Stick</b> <b>Fresh Fruit</b>
Lunch		Crispy Baked Fish Filet Sandwich Or Chef's Salad with Turkey Ham and Cheese Or Toasted Cheese Sandwich <sup>V</sup> Chickpea Salad Fresh Fruit	Lemon Oregano Chicken Or Turkey-Ham & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Roasted Carrots Fresh Fruit	Cheeseburger/Hamburger Or Garden Salad Topped w/ Tuna Salad Or Toasted Cheese Sandwich <sup>V</sup> Roasted Potatoes Fresh Fruit	Cheese Pizza <sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Garden Salad Fresh Fruit
Breakfast	<b>Honey Wheat Bagel w/ Cream Cheese</b> <sup>19</sup> Or Fruited Yogurt w/ Grahams <b>Fresh Fruit</b>	Whole Grain Pancakes <sup>20</sup> <b>Or Assorted Whole Grain Cereals w/ a Cheese Stick</b> <b>Fresh Fruit</b>	Breakfast Sandwich w/ Egg and Cheese on a Biscuit <sup>21</sup> <b>Or Assorted Whole Grain Cereals w/ Grahams</b> <b>Fresh Fruit</b>	Whole Grain Waffles <sup>22</sup> <b>Or Whole Grain Blueberry Bagel w/ Cream Cheese</b> <b>Fresh Fruit</b>	<b>Celebrating Food Day!</b> <sup>23</sup> Yogurt Parfait w/ Bananas and Granola <b>Assorted Whole Grain Cereals w/ Grahams</b> <b>Fresh Fruit</b>
Lunch	Baked Chicken Tenders Or Turkey-Ham and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Sweet Potato Wedges Fresh Fruit	Black Bean Burrito Bowl <sup>V</sup> Or Chef's Salad with Turkey Ham and Cheese Or Toasted Cheese Sandwich <sup>V</sup> Sweet Corn Fresh Fruit	Pasta with Meat Sauce Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Green Beans Fresh Fruit	Cajun Baked Fish Over Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich <sup>V</sup> Sizzlin' Black Beans Fresh Fruit	Local Vegetable Pizza <sup>V</sup> Or Turkey & Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Spinach Salad and Roasted Cauliflower Fresh Fruit
Breakfast	<b>Whole Grain Cinnamon Raisin Bagel w/ Cream Cheese</b> <sup>26</sup> Or Fruited Yogurt with Grahams <b>Fresh Fruit</b>	Whole Grain French Toast Sticks <sup>27</sup> <b>Or Assorted Whole Grain Cereals w/ a Cheese Stick</b> <b>Fresh Fruit</b>	Egg & Cheese Omelet w/ Toast <sup>28</sup> <b>Or Assorted Whole Grain Cereals w/ Grahams</b> <b>Fresh Fruit</b>	Whole Grain Pancakes <sup>29</sup> <b>Or Fruited Yogurt with Graham s</b> <b>Fresh Fruit</b>	Breakfast Sandwich w/ Egg & Cheese on a Biscuit <sup>30</sup> <b>Or Whole Grain Blueberry Bagel w/ Cream Cheese</b> <b>Fresh Fruit</b>
Lunch	Grilled BBQ Chicken Sandwich Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Baked Beans Fresh Fruit	Creamy Macaroni and Cheese <sup>V</sup> Or Southwestern Salad w/ Chicken Or Toasted Cheese Sandwich <sup>V</sup> Cherry Tomatoes Fresh Fruit	Meatball Sub w/ Parmesan Cheese Or Chicken Salad on Whole Grain Bread Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Sweet Corn Fresh Fruit	Tangerine Chicken with Brown Rice Or Chicken Caesar Salad Or Toasted Cheese Sandwich Roasted Brussel Sprouts Fresh Fruit	Cheese Pizza <sup>V</sup> Or Turkey and Cheese on a Sub Roll Or Peanut Butter & Jelly, Grahams, & Cheese Stick <sup>V</sup> Garden Salad Fresh Fruit