



GENUINE

October Hot Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast (3) w/ Syrup Fresh Fruit Skim or 1% Milk	3 Breakfast Cereal Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk	4 Chicken Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	5 Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk	6 Chicken and Whole Grain Waffles Fresh Fruit Skim or 1% Milk
9 Indigenous Day NO SCHOOL	10 Vanilla Yogurt Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk	11 Egg and Cheese Biscuit Sandwich Fresh Fruit Skim or 1% Milk	12 Homemade Apple Cinnamon Bread Fresh Fruit Skim or 1% Milk	13 French Toast (2) Sausage Link (2) w/ Syrup Fresh Fruit Skim or 1% Milk
16 Whole Grain Waffles (2) w/ syrup Fresh Fruit Skim or 1% Milk	17 Breakfast Cereal w/ Whole Grain Grahams Fresh Fruit Skim or 1% Milk	18 Chicken And Whole Grain Waffles Fresh Fruit Skim or 1% Milk	19 Breakfast Cereal Corn Muffin Fresh Fruit Skim or 1% Milk	20 Ham Egg and Cheese Bagel Fresh Fruit Skim or 1% Milk
23 French Toast(3) w/ Syrup Fresh Fruit Skim or 1% Milk	24 Strawberry Banana Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk	25 Sausage and Egg Cheese Biscuit Sandwich w/ Jelly Fresh Fruit Skim or 1% Milk	26 Homemade Banana Bread Fresh Fruit Skim or 1% Milk	27 Pancakes(1) Sausage Links w/ Syrup Fresh Fruit Skim or 1% Milk
30 Whole Grain Waffles (1) Sausage Patty w/Syrup Fresh Fruit Skim or 1% Milk	31 Breakfast Cereal w/ Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk		Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups



GENUINE

October Cold Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Strawberry Banana Yogurt Cup Whole Grain Grahams Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>Breakfast Cereal w/ Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Corn Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Breakfast Cereal w/ Apple Oatmeal Bars Fresh Fruit Skim or 1% Milk</p>
<p>9</p> <p>Indigenous Day NO SCHOOL</p>	<p>10</p> <p>Vanilla Yogurt Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Breakfast Cereal w/ Strawberry Oatmeal Bars Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Homemade Apple Cinnamon Bread Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Breakfast Cereal w/ Apple Oatmeal Bars Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Breakfast Cereal w/ Whole Grain Grahams Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Strawberry Yogurt Nature Valley Chocolate Chip Crisp Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Breakfast Cereal w/ Corn Muffin Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Banana Muffin Breakfast Chex Mix Fresh Fruit Skim or 1% Milk</p>
<p>23</p> <p>Breakfast Cereal w/ Nature Valley Cinnamon Crisp Fresh Fruit Skim or 1% Milk</p>	<p>24</p> <p>Strawberry Banana Yogurt Whole Grain Grahams Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Breakfast Cereal Blueberry Oatmeal Bar Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Homemade Banana Bread Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>Whole Grain Bagel w/ Cream Cheese Fresh Fruit Skim or 1% Milk</p>
<p>30</p> <p>Strawberry Banana Yogurt Breakfast Chex Mix Fresh Fruit Skim or 1% Milk</p>	<p>31</p> <p>Breakfast Cereal w/ Chocolate Oatmeal Bars Fresh Fruit Skim or 1% Milk</p>		<p>Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)</p>	<p>Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups</p>



GENUINE

October Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Sweet and Sour Meatballs Brown Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Chicken Alfredo Zesty Carrots Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Roasted Chicken Mexican Rice Sweet Plantains Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>BBQ Chicken Mac and Cheese Savory Broccoli Fresh Fruit Skim or 1% Milk</p>
<p>9</p> <p>Indigenous Day NO SCHOOL</p>	<p>10</p> <p>Chicken Parmesan Sandwich Savory Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Queso Nacho Marinated Black Bean and Corn Blend Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Beef Cheeseburger Roasted Potato Wedges Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Salisbury Steak Mashed Potato Zesty Peas & Carrots Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Chicken and Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Korean Beef Brown Rice Roasted Corn Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Orange Chicken Fried Rice Savory Broccoli and Cauliflower Blend Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Spaghetti and Meatballs Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Cheeseburger Mac Collard Greens Fresh Fruit Skim or 1% Milk</p>
<p>23</p> <p>Sloppy Joe Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>24</p> <p>Sweet and Sour Chicken Fried Rice Zesty Carrots Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Meatball Sub Savory Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Baked Ziti with Meat Sauce Peas and Carrot Blend Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>Jerk Chicken Herb Rice Marinated Black Beans Fresh Fruit Skim or 1% Milk</p>
<p>30</p> <p>Chopped Cheese Steak Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>31</p> <p>Beef Stroganoff Mashed Potatoes Roasted Corn Fresh Fruit Skim or 1% Milk</p>	<p>Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)</p>	<p>Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups</p>	



GENUINE

October Cold Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Turkey & Cheese Roll Up Fresh Green Beans Fresh Fruit Skim or 1% Milk	3 Southern BBQ Chicken Sandwich Potato Salad Fresh Fruit Skim or 1% Milk	4 Curry Chicken Sandwich Fresh Green Beans Fresh Fruit Skim or 1% Milk	5 Crispy Chicken Ranch Wrap Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	6 Turkey & Cheese Sandwich Fresh Celery Sticks Fresh Fruit Skim or 1% Milk
9 Indigenous Day NO SCHOOL	10 Chicken Salad Sandwich Fresh Green Beans Fresh Fruit Skim or 1% Milk	11 Turkey Ham Roll Up Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	12 Cheesy Pasta Salad with Corn, Carrots, Black Beans Fresh Fruit Skim or 1% Milk	13 Chipotle Chicken Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk
16 Crispy Chicken Ranch Wrap Fresh Celery Sticks Fresh Fruit Skim or 1% Milk	17 Chicken Salad Sandwich Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	18 Turkey & Cheese Wrap Potato Salad Fresh Fruit Skim or 1% Milk	19 Curry Chicken Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk	20 Cheesy Pasta Salad with Corn, Carrots, Black Beans Fresh Fruit Skim or 1% Milk
23 Southern BBQ Chicken Sandwich Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk	24 Turkey Ham Sandwich Fresh Celery Sticks Fresh Fruit Skim or 1% Milk	25 Crispy Chicken Ranch Wrap Potato Salad Fresh Fruit Skim or 1% Milk	26 Turkey & Cheese Roll Up Fresh Green Beans Fresh Fruit Skim or 1% Milk	27 Curry Chicken Wrap Fresh Carrot Sticks Fresh Fruit Skim or 1% Milk
30 Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk	31 Chicken Salad Sandwich Fresh Broccoli Florets Fresh Fruit Skim or 1% Milk		Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups



GENUINE

October Vegetarian Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Sweet and Sour Veggie Meatballs Brown Rice Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Chick'N Alfredo Zesty Carrots Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Roasted Chick'N Mexican Rice Sweet Plantains Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>BBQ Chick'N Mac and Cheese Savory Broccoli Fresh Fruit Skim or 1% Milk</p>
<p>9</p> <p>Indigenous Day NO SCHOOL</p>	<p>10</p> <p>Chick'N Parmesan Sandwich Fresh Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Veggie Queso Nacho Marinated Black Bean and Corn Blend Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Black Bean Burger on Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Salisbury Steak Mashed Potato Zesty Peas & Carrots Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Chick'N and Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Korean Beef Brown Rice Roasted Corn Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Orange Chick'N Fried Rice Savory Broccoli and Cauliflower Blend Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Spaghetti and Veggie Meatballs Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Cheeseburger Mac Collard Greens Fresh Fruit Skim or 1% Milk</p>
<p>23</p> <p>Sloppy Joe Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>24</p> <p>Sweet and Sour Chick'N Fried Rice Zesty Carrots Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Veggie Meatball Sub Savory Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Baked Ziti with Meat Sauce Peas and Carrot Blend Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>Jerk Chick'N Herb Rice Marinated Black Beans Fresh Fruit Skim or 1% Milk</p>
<p>30</p> <p>Chopped Cheese Steak Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>31</p> <p>Beef Stroganoff Mashed Potatoes Roasted Corn Fresh Fruit Skim or 1% Milk</p>		<p>Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)</p>	<p>Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups</p>



GENUINE

October Supper Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>3</p> <p>Korean Beef Brown Rice Roasted Corn Fresh Fruit Skim or 1% Milk</p>	<p>4</p> <p>Cheeseburger Mac Collards Green Fresh Fruit Skim or 1% Milk</p>	<p>5</p> <p>Spaghetti and Meatballs Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>6</p> <p>Orange Chicken Fried Rice Savory Broccoli and Cauliflower Blend Fresh Fruit Skim or 1% Milk</p>
<p>9</p> <p>Sloppy Joe Roasted Potato Wedges Fresh Fruit Skim or 1% Milk</p>	<p>10</p> <p>Meatball Sub Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>11</p> <p>Sweet Sour Chicken Fried Rice Seasoned Black Beans Fresh Fruit Skim or 1% Milk</p>	<p>12</p> <p>Baked Ziti w/ Meat Sauce Savory Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>13</p> <p>Chopped Cheese Steak Seasoned Carrots Fresh Fruit Skim or 1% Milk</p>
<p>16</p> <p>Jerk Chicken Herb Rice Sweet Plantains Fresh Fruit Skim or 1% Milk</p>	<p>17</p> <p>Chicken Parmesan Sandwich Roasted Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>18</p> <p>Queso Nacho Black Beans and Corn Fresh Fruit Skim or 1% Milk</p>	<p>19</p> <p>Cheeseburger on Bun Seasoned Green Beans Fresh Fruit Skim or 1% Milk</p>	<p>20</p> <p>Salisbury Steak Sweet Potato Mash Zesty Carrots Fresh Fruit Skim or 1% Milk</p>
<p>23</p> <p>Sweet and Sour Meatballs Brown Rice Seasoned Red Beans Fresh Fruit Skim or 1% Milk</p>	<p>24</p> <p>NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>	<p>25</p> <p>Chicken Alfredo Seasoned Carrots Fresh Fruit Skim or 1% Milk</p>	<p>26</p> <p>Turkey Pizza Garlic Broccoli Fresh Fruit Skim or 1% Milk</p>	<p>27</p> <p>BBQ Chicken Mac and Cheese Collard Greens Fresh Fruit Skim or 1% Milk</p>
<p>30</p> <p>Roasted Chicken Mexican Rice Seasoned Black Beans Fresh Fruit Skim or 1% Milk</p>	<p>31</p> <p>Chicken Waffles Sweet Potato Fries Fresh Fruit Skim or 1% Milk</p>		<p>Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)</p>	<p>Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups</p>



GENUINE

October Allergen Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sweet and Sour Chicken Brown Rice Green Beans Fresh Fruit Skim or 1% Milk	3 NOLA Sandwich Sweet Potato Fries Fresh Fruit Skim or 1% Milk	4 Turkey Ham Brown Rice Seasoned Carrots Fresh Fruit Skim or 1% Milk	5 Roasted Chicken Mexican Rice Sweet Plantains Fresh Fruit Skim or 1% Milk	6 BBQ Chicken Mac and Cheese Savory Broccoli Fresh Fruit Skim or 1% Milk
9 Indigenous Day NO SCHOOL	10 Chicken Parmesan over Noodles Fresh Broccoli Fresh Fruit Skim or 1% Milk	11 Queso Nacho Marinated Black Bean and Corn Blend Fresh Fruit Skim or 1% Milk	12 Cheeseburger on Bun Roasted Potato Wedges Fresh Fruit Skim or 1% Milk	13 Salisbury Beef Mashed Potato Zesty Carrots Fresh Fruit Skim or 1% Milk
16 Chicken Tenders Sweet Potato Fries Fresh Fruit Skim or 1% Milk	17 Korean Beef Brown Rice Roasted Corn Fresh Fruit Skim or 1% Milk	18 Orange Chicken Fried Rice Carrots and Snap Peas Fresh Fruit Skim or 1% Milk	19 Spaghetti with Meat Sauce Savory Broccoli and Cauliflower Blend Fresh Fruit Skim or 1% Milk	20 Cheeseburger Mac Collard Greens Fresh Fruit Skim or 1% Milk
23 Sloppy Joe Fresh Green Beans Fresh Fruit Skim or 1% Milk	24 Sweet and Sour Chicken Fried Rice Zesty Carrots Fresh Fruit Skim or 1% Milk	25 Teriyaki Chicken Brown Rice Savory Broccoli Fresh Fruit Skim or 1% Milk	26 Baked Ziti with Meat Sauce Peas and Carrot Blend Fresh Fruit Skim or 1% Milk	27 Jerk Chicken Herb Rice Marinated Black Beans Fresh Fruit Skim or 1% Milk
30 Chopped Cheese Steak Sweet Potato Fries Fresh Fruit Skim or 1% Milk	31 Beef w/Gravy Mashed Potatoes Roasted Corn Fresh Fruit Skim or 1% Mil		Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups



GENUINE

October Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Giant Cinnamon Goldfish Grahams 100% Juice 6oz	3 Goldfish Pretzels Orange	4 String Cheese Apple	5 Giant Vanilla Goldfish Grahams 100% Juice 6oz	6 Nature Valley Chocolate Crisp Pear
9 French Toast Goldfish Orange	10 Nature Valley Cinnamon Crisp 100% Juice 6oz	11 String Cheese Apple	12 Goldfish Cheddar Pear	13 Giant Cinnamon Goldfish Grahams 100% Juice 6oz
16 Goldfish Pretzels Orange	17 String Cheese Apple	18 Giant Vanilla Goldfish Grahams 100% Juice 6oz	19 Nature Valley Chocolate Crisp Pear	20 Goldfish Cheddar Orange
23 French Toast Goldfish 100% Juice 6oz	24 Nature Valley Cinnamon Crisp Apple	25 String Cheese 100% Juice 6oz	26 Goldfish Pretzels Pear	27 Giant Cinnamon Goldfish Grahams Orange
30 Goldfish Cheddar 100% Juice 6oz	31 String Cheese Orange		Fruit Serving Apples (Whole/Sliced) Fruit & Apple Juice Orange Pineapple Juice Cranberry Apple Juice Pears Oranges (Whole/Sliced)	Fruit Serving Fruit Cocktail Cups Tropical Fruit Cocktail Cups Papaya Mango Cups Mandarins Fruit Cups