



OCTOBER

BREAKFAST MENU

2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
|  | ¹ Turkey Sausage and Cheese Breakfast Sandwich on a Whole Grain Bun Fresh Fruit Skim or 1% Milk | ² Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ³ Whole Grain French Toast Sticks Fresh Fruit Skim or 1% Milk | ⁴ School Closed |
| | ⁷ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ⁸ Turkey Sausage and Cheese Breakfast Sandwich on a Whole Grain Bun Fresh Fruit Skim or 1% Milk | ⁹ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ¹⁰ Whole Grain French Toast Sticks Fresh Fruit Skim or 1% Milk |
|  | ¹¹ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ¹⁵ Turkey Sausage and Cheese Breakfast Sandwich on a Whole Grain Bun Fresh Fruit Skim or 1% Milk | ¹⁶ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ¹⁷ Whole Grain French Toast Sticks Fresh Fruit Skim or 1% Milk |
| | ²¹ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ²² Turkey Sausage and Cheese Breakfast Sandwich on a Whole Grain Bun Fresh Fruit Skim or 1% Milk | ²³ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ²⁴ Whole Grain French Toast Sticks Fresh Fruit Skim or 1% Milk |
| ²⁸ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ²⁹ Turkey Sausage and Cheese Breakfast Sandwich on a Whole Grain Bun Fresh Fruit Skim or 1% Milk | ³⁰ Whole Grain Cereal and Fat-Free Yogurt or Whole Grain Breakfast Muffin or Whole Grain Bagel w/ Low Fat Cream Cheese Fresh Fruit Skim or 1% Milk | ³¹ Whole Grain French Toast Sticks Fresh Fruit Skim or 1% Milk |  |

Breakfast: choice of 1% or fat-free milk; fruit available daily

This institution is an equal opportunity provider



OCTOBER

Lunch MENU

2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
|  | ¹ All Beef Hot Dog served on a Whole Grain Roll with BBQ Baked Beans Fresh Fruit Skim or 1% Milk | ² BBQ Chicken Legs with Yellow Rice Zucchini Sticks Fresh Fruit Skim or 1% Milk | ³ Pasta Marinara with Cheese and Vegetables Glazed Carrots Fresh Fruit Skim or 1% Milk | ⁴ School Closed |
| ⁷ Chicken Tenders with BBQ Sauce Smashed Potatoes Fresh Fruit Skim or 1% Milk | ⁸ Whole Grain Pizza with Mozzarella Cheese Baby Carrots Fresh Fruit Skim or 1% Milk | ⁹ Teriyaki Chicken Brown Rice Green Beans Fresh Fruit Skim or 1% Milk | ¹⁰ Rasta Pasta whole grain penne pasta and vegetables in a creamy cheese sauce Corn and Peppers Fresh Fruit Skim or 1% Milk | ¹¹ Cheese Nachos with Whole Grain Tortilla Chips Pinto Beans Fresh Fruit Skim or 1% Milk |
|  Happy Columbus Day | ¹⁵ Breaded Chicken Sandwich on Whole Grain Bun Chickpea Salad Fresh Fruit Skim or 1% Milk | ¹⁶ Turkey Bolognese and Whole Grain Pasta Sautéed Kale Fresh Fruit Skim or 1% Milk | ¹⁷ Jerk Chicken Coconut Rice Plantains Fresh Fruit Skim or 1% Milk | ¹⁸ Shredded BBQ Chicken Sandwich on a Whole Grain Bread Pepper Medley Fresh Fruit Skim or 1% Milk |
| ²¹ All Beef Burger with Cheese served on a Whole Grain Bun Green Beans Fresh Fruit Skim or 1% Milk | ²² Turkey Dog served on a Whole Grain Roll Butternut Squash Fresh Fruit Skim or 1% Milk | ²³ Breakfast For Lunch! Chicken & Waffles Breakfast Potatoes Fresh Fruit Skim or 1% Milk | ²⁴ Homemade Black Bean and Plantain Empanada over Ground Turkey, Vegetable and Cilantro-Lime Pilaf Fresh Fruit Skim or 1% Milk | ²⁵ Mac & Cheese with Roasted Chicken Cauliflower Fresh Fruit Skim or 1% Milk |
| ²⁸ Chicken Tenders with BBQ Sauce Smashed Potatoes Fresh Fruit Skim or 1% Milk | ²⁹ Whole Grain Pizza with Mozzarella Cheese Green Bean and Corn Medley Fresh Fruit Skim or 1% Milk | ³⁰ Beef Tacos with Brown Rice Pinto Beans and Salsa Fresh Fruit Skim or 1% Milk | ³¹ Rasta Pasta whole grain penne pasta and vegetables in a creamy cheese sauce Corn and Peppers Fresh Fruit Skim or 1% Milk |  Happy Halloween |

Lunch: choice of 1% or fat-free milk; fruit available daily

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