



OCTOBER

BREAKFAST MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Multigrain Cheerios Graham Crackers Raisins 100% Fruit Juice Milk (8oz)</p>	<p style="text-align: right;">3</p> <p>Raspberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice Milk (8oz)</p>	<p style="text-align: right;">4</p> <p>Cinnamon Raisin Bagel Butter Diced Peaches 100% Grape Juice Milk (8oz)</p>	<p style="text-align: right;">5</p> <p>Honey Cheerios Graham Crackers Applesauce 100% Orange Juice Milk (8oz)</p>	<p style="text-align: right;">6</p> <p>Cherry Cocoa Bar Fresh Fruit 100% Pineapple Juice Milk (8oz)</p>
 <p style="text-align: right;">10</p> <p>Strawberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice Milk (8oz)</p>	<p style="text-align: right;">11</p> <p>Cinnamon Flakes Cereal Graham Crackers Diced Peaches 100% Grape Juice Milk (8oz)</p>	<p style="text-align: right;">12</p> <p>Plain Bagel Cream Cheese Applesauce 100% Orange Juice Milk (8oz)</p>	<p style="text-align: right;">13</p> <p>Blueberry Muffin Fresh Banana 100% Pineapple Juice Milk (8oz)</p>	
<p style="text-align: right;">16</p> <p>Multi-Grain Frosted Flakes Graham Crackers Raisins 100% Fruit Juice Milk (8oz)</p>	<p style="text-align: right;">17</p> <p>Strawberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice Milk (8oz)</p>	<p style="text-align: right;">18</p> <p>Banana Muffin Diced Peaches 100% Grape Juice Milk (8oz)</p>	<p style="text-align: right;">19</p> <p>Reduced Sugar Cinnamon Toast Crunch Graham Crackers Applesauce 100% Orange Juice Milk (8oz)</p>	<p style="text-align: right;">20</p> <p>Cinnamon Crips Bar Fresh Banana 100% Pineapple Juice Milk (8oz)</p>
<p style="text-align: right;">23</p> <p>Cherry Cocoa Bar Raisins 100% Fruit Juice Milk (8oz)</p>	<p style="text-align: right;">24</p> <p>Raspberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice Milk (8oz)</p>	<p style="text-align: right;">25</p> <p>Honey Cheerios Graham Crackers Diced Peaches 100% Grape Juice Milk (8oz)</p>	<p style="text-align: right;">26</p> <p>Plain Bagel Cream Cheese Applesauce 100% Orange Juice Milk (8oz)</p>	<p style="text-align: right;">27</p> <p>Cinnamon Flakes Cereal Graham Crackers Fresh Banana 100% Pineapple Juice Milk (8oz)</p>
<p style="text-align: right;">30</p> <p>Multigrain Cheerios Graham Crackers Raisins 100% Fruit Juice Milk (8oz)</p>	<p style="text-align: right;">31</p> <p>Raspberry Yogurt Graham Crackers Diced Pineapple 100% Apple Juice Milk (8oz)</p>			



All pasta, bread, & grains on this menu are whole wheat or whole grain

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



OCTOBER

MARKET LUNCH MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BBQ Beef Meatballs WW Club Roll Broccoli Fresh Fruit Milk (8oz)</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Fruit Milk (8oz)</p>	<p>4</p> <p>Turkey Hot Dog w/ Ketchup Baked Beans Fresh Fruit Milk (8oz)</p>	<p>5</p> <p>Chicken Caesar Salad Pita Bread Fresh Fruit Milk (8oz)</p>	<p>6</p> <p>French Bread Pizza Baby Carrots w/ Ranch Dressing Raisins Milk (8oz)</p>
	<p>10</p> <p>Spanish Rice w/ Cheese & Beans Fresh Fruit Milk (8oz)</p>	<p>11</p> <p>Beef Meatballs w/ Tomato Sauce & Parmesan Cheese Broccoli Fresh Fruit Milk (8oz)</p>	<p>12</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Banana Milk (8oz)</p>	<p>13</p> <p>Cheese Pizza Baby Carrots w/ Ranch Dressing Raisins Milk (8oz)</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup Baked Beans Fresh Orange Milk (8oz)</p>	<p>17</p> <p>Homemade Macaroni & Cheese Broccoli Fresh Pear Milk (8oz)</p>	<p>18</p> <p>Veggie Burger w/ Ketchup Roasted Potato Fresh Fruit Milk (8oz)</p>	<p>19</p> <p>French Toast Sticks w/ Scrambled Eggs, Syrup Roasted sweet Potatoes Banana Milk(8oz)</p>	<p>20</p> <p>French Bread Pizza Celery Sticks w/ Ranch Dressing Applesauce Milk (8oz)</p>
<p>23</p> <p>Cheese Quesadilla w/ Sour Cream Street Corn Fresh Orange Milk (8oz)</p>	<p>24</p> <p>Sweet & Sour Meatballs Brown Rice Green Beans Fresh Pear Milk (8oz)</p>	<p>25</p> <p>BBQ Chicken Brown Rice Baked beans Fresh Fruit Milk (8oz)</p>	<p>26</p> <p>Stuffed Bread Sticks Marinara Sauce 100% Sun Splash Juice Fresh Fruit Milk (8oz)</p>	<p>27</p> <p>Cheese Pizza Baby Carrots w/ Ranch Dressing Raisins Milk (8oz)</p>
<p>30</p> <p>BBQ Beef Meatballs WW Club Roll Broccoli Fresh Fruit Milk (8oz)</p>	<p>31</p> <p>Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Fruit Milk (8oz)</p>			



All pasta, bread, & grains on this menu are whole wheat or whole grain

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

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OCTOBER

ELLISON LUNCH MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>BBQ Beef Meatballs WW Club Roll Broccoli Fresh Fruit Milk (8oz)</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Fruit Milk (8oz)</p>	<p>4</p> <p>Turkey Hot Dog w/ Ketchup Baked Beans Fresh Fruit Milk (8oz)</p>	<p>5</p> <p>Chicken Caesar Salad Pita Bread Fresh Fruit Milk (8oz)</p>	<p>6</p> <p>French Bread Pizza Baby Carrots w/ Ranch Dressing Raisins Milk (8oz)</p>
	<p>10</p> <p>Spanish Rice w/ Cheese & Beans Fresh Fruit Milk (8oz)</p>	<p>11</p> <p>Beef Meatballs w/ Tomato Sauce & Parmesan Cheese Broccoli Fresh Fruit Milk (8oz)</p>	<p>12</p> <p>Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/ Ranch Banana Milk (8oz)</p>	<p>13</p> <p>Turkey & Cheese Sandwich Baby Carrots w/ Ranch Dressing Fruit Milk (8oz)</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup Baked Beans Fresh Orange Milk (8oz)</p>	<p>17</p> <p>Homemade Macaroni & Cheese Broccoli Fresh Pear Milk (8oz)</p>	<p>18</p> <p>Adobo Chicken Brown Rice Street Corn Fresh Apple Milk (8oz)</p>	<p>19</p> <p>French Toast Sticks w/ Scrambled Eggs, Syrup Roasted sweet Potatoes Banana Milk(8oz)</p>	<p>20</p> <p>French Bread Pizza Celery Sticks w/ Ranch Dressing Applesauce Milk (8oz)</p>
<p>23</p> <p>Cheese Quesadilla w/ Sour Cream Street Corn Fresh Orange Milk (8oz)</p>	<p>24</p> <p>Sweet & Sour Meatballs Brown Rice Green Beans Fresh Pear Milk (8oz)</p>	<p>25</p> <p>BBQ Chicken Brown Rice Baked beans Fresh Fruit Milk (8oz)</p>	<p>26</p> <p>Stuffed Bread Sticks Marinara Sauce 100% Sun Splash Juice Fresh Fruit Milk (8oz)</p>	<p>27</p> <p>Chicken Salad Sandwich On Flat Bread Garden Salad w/ Ranch Fresh Fruit Milk (8oz)</p>
<p>30</p> <p>BBQ Beef Meatballs WW Club Roll Broccoli Fresh Fruit Milk (8oz)</p>	<p>31</p> <p>Chicken Tenders w/ Ketchup Roasted Potatoes Fresh Fruit Milk (8oz)</p>			



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





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OCTOBER

COLT ST. LUNCH MENU

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>BBQ Beef Meatballs WW Club Roll OR Pasta w/ Tomato Sauce & Cheese</p>	<p style="text-align: right;">3</p> <p>Chicken Tenders WW Bread Slice Roasted Potato OR Pasta Alfredo Peas & WW Bun</p>	<p style="text-align: right;">4</p> <p>Turkey Hot Dog Baked Beans OR Spanish Rice w/ Cheese & Beans</p>	<p style="text-align: right;">5</p> <p>Macaroni & Cheese Broccoli OR Chicken Caesar Salad Pita Bread</p>	<p style="text-align: right;">6</p> <p>French Bread Pizza Baby Carrots w/ Ranch OR Chicken Breast Sandwich Baby Carrots w/ Ranch</p>
	<p style="text-align: right;">10</p> <p>Fajita Chicken Brown Rice & Beans OR Spanish Rice w/ Cheese & Beans</p>	<p style="text-align: right;">11</p> <p>Beef Meatballs w/Pasta Broccoli OR Veggie Burger Garden Salad w/ Ranch</p>	<p style="text-align: right;">12</p> <p>Cheesy Chicken Biscuit Celery Sticks OR Cobb Salad Pita Bread</p>	<p style="text-align: right;">13</p> <p>Cheese Pizza Baby Carrots w/ Ranch OR Turkey & Cheese Baby Carrots w/ Ranch</p>
<p style="text-align: right;">16</p> <p>Chicken Nuggets Baked Beans OR Falafel Bites Quinoa Pilaf Black Beans & Tomato</p>	<p style="text-align: right;">17</p> <p>Macaroni & Cheese Broccoli OR Beef Meatballs WW Club Roll Broccoli</p>	<p style="text-align: right;">18</p> <p>Adobo Chicken Brown Rice & Street Corn OR Veggie Burger Roasted Potato</p>	<p style="text-align: right;">19</p> <p>French Toast & Scrambled Eggs Roasted Sweet Potato OR Chicken Tamale Brown Rice & Beans</p>	<p style="text-align: right;">20</p> <p>French Bread Pizza Celery Sticks w/ Ranch OR Egg Salad Sandwich Celery Sticks w/ Ranch</p>
<p style="text-align: right;">23</p> <p>Cheese Quesadilla Mexican Corn Salad OR Meatloaf & Gravy Mashed Potato WW Bun</p>	<p style="text-align: right;">24</p> <p>Sweet & Sour Meatballs Brown Rice Green Beans OR Edamame Noodle Bowl Blended Vegetables</p>	<p style="text-align: right;">25</p> <p>BBQ Chicken Brown Rice Baked Beans OR Chickpea Marinara w/ Cheese</p>	<p style="text-align: right;">26</p> <p>Stuffed Bread Sticks Marinara Sauce 100% Sun Splash Juice OR Turkey Fajita Brown Rice & Carrots</p>	<p style="text-align: right;">27</p> <p>Cheese Pizza Garden Salad w/ Ranch OR Chicken Salad Sandwich On Flat Bread Garden Salad w/ Ranch</p>
<p style="text-align: right;">30</p> <p>BBQ Beef Meatballs WW Club Roll OR Pasta w/ Tomato Sauce & Cheese</p>	<p style="text-align: right;">31</p> <p>Chicken Tenders WW Bread Slice Roasted Potato OR Pasta Alfredo Peas & WW Bun</p>			



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