

October 2016

M	T	W	T	F
<p>Oct 3 No School</p>	<p>Oct 4</p> <ul style="list-style-type: none"> - All Natural Hot Dog on a Whole Grain Bun with Ketchup (40) - BBQ Chicken Sandwich on a Whole Grain Bun - Sesame Chicken Wrap with Sesame Vinaigrette - All Natural granola with Yogurt and Fresh Fruit - Banana Muffin with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Coleslaw 	<p>Oct 5</p> <ul style="list-style-type: none"> - Chicken Pot stickers with Low Sodium Soy Sauce Packet and Revolution Foods Rumbles Whole Grain Crisps: Cinnamon - Cheese Enchiladas with Brown Rice - BBQ Chicken Wrap with BBQ Ranch Yogurt Dressing - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side - Mini Dipperdoodle Bar with String Cheese and Orange Juice - Whole Wheat Bagel with Turkey, Cream Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Pinto Beans - Seasoned Blanched Broccoli Florets 	<p>Oct 6</p> <ul style="list-style-type: none"> - Spaghetti Marinara with Parmesan and String Cheese - Lone Star Oven Roasted Chicken Breast Sandwich with BBQ Sauce Packet on the Side and Rev Foods Whole Grain Crackers - Chicken Caesar Salad with Caesar Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Cinnamon Crumble with Fresh Fruit - Revolution Foods Cocoa Bops with Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing (for vegetable of the day) - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Chopped Romaine Lettuce - Sliced Tomatoes 	<p>Oct 7</p> <ul style="list-style-type: none"> - NEW!! Baked Mac & Cheese and BBQ Chicken Lunch Combo with Whole Grain Dinner Roll - Kickin Chicken Melt Sandwich with Revolution Foods Rumbles Whole Grain Crisps: Ranch - Garden Ranch Salad with Chicken, Ranch Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers (10) - Lemon Muffin with Orange Juice (15) - Blueberry Burst Whole Grain Bagel with Cream Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Fresh Baby Carrots
<p>Oct 10</p> <ul style="list-style-type: none"> - BBQ Chicken Quesadilla with Goldfish Pretzels (- Chicken Teriyaki with Brown Rice (40) - Chicken Caesar Wrap with Caesar Dressing - Zac Omega Strawberry Bar with Fresh Fruit (15) - All Natural granola with Yogurt and Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Edamame 	<p>Oct 11</p> <ul style="list-style-type: none"> - Baked Mac & Cheese and Chicken Bites Lunch Combo with BBQ Sauce Packet on the Side - Pizza Panada Pie - Chicken Salad Sub on Whole Grain Bun - Revolution Foods Flurries with Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing (for vegetable of the day) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Chilled, Seasoned Green Beans 	<p>Oct 12 No School</p>	<p>Oct 13</p> <ul style="list-style-type: none"> - Breakfast for Lunch: Pancakes with Chicken Sausage, Syrup and Yogurt - Sweet Garlic Chicken Noodles - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side - Dipper Doodle Bar with Fresh Fruit - Revolution Foods Honey Buttons with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Seasoned Corn 	<p>Oct 14</p> <ul style="list-style-type: none"> - Jumbo Italian Meatball with Penne Pasta and Mozzarella Cheese - Cheese Tamale with Brown Rice and Seasoned Black Beans - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Sides - French Toast Muffin with Orange Juice - Whole Wheat Bagel with Cheddar Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Glazed Carrots
<p>Oct 17</p> <ul style="list-style-type: none"> - Turkey and Cheddar Flatbread Sandwich with BBQ Sauce Packet on the Side - Chicken Bites with Whole Grain Dinner Roll and Ketchup - Hummus and Whole Grain Flatbread with Yogurt - Revolution Foods Cocoa Bops with Fresh Fruit 	<p>Oct 18</p> <ul style="list-style-type: none"> - All Natural Hot Dog on a Whole Grain Bun with Ketchup - Cheese Pizza on Whole Grain Crust with All Natural Raisins (K-12 only) - Chicken Salad Sub on Whole Grain Bun - Banana Muffin with Fresh Fruit 	<p>Oct 19</p> <ul style="list-style-type: none"> - Firecracker Chicken with Spicy Sesame Noodles and Goldfish Pretzels - Chicken Taco Trio with Brown Rice - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side - Autumn Spice Muffin with Orange Juice 	<p>Oct 20</p> <ul style="list-style-type: none"> - Crispy Chicken Sandwich with Ketchup - NEW!! Egg and Cheese Panada Pie with Ketchup and Revolution Foods Rumbles Whole Grain Crisps: Ranch - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side 	<p>Oct 21</p> <ul style="list-style-type: none"> - NEW!! Kickin Chicken Parm Pasta (40) - Cheesy Chicken Quesadilla with Dick and Jane Smart Crackers - Garden Ranch Salad with Chicken, Ranch Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers (10)

<ul style="list-style-type: none"> - Zac Omega Apple Bar with Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing (for vegetable of the day) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Fresh Celery Sticks 	<ul style="list-style-type: none"> - All Natural granola with Yogurt and Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Seasoned Corn 	<ul style="list-style-type: none"> - English Muffin with Turkey and Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Pinto Beans - Fresh Baby Carrots 	<ul style="list-style-type: none"> - Chicken Caesar Salad with Caesar Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Revolution Foods Honey Buttons with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Seasoned Blanched Broccoli Florets 	<ul style="list-style-type: none"> - Cinnamon Crumble with Orange Jui - Plain Whole Wheat Bagel with Cream Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Glazed Carrots
<p>Oct 24</p> <ul style="list-style-type: none"> - Cheese Pizza on Whole Grain Crust with All Natural Raisins (K-12 only) - Chicken Enchiladas with Brown Rice - Chicken Caesar Wrapwith Caesar Dressing - Mini Dipperdoodle Bar with String Cheese and Fresh Fruit - Yogurt with Skeeter Whole Grain Cinnamon Grahams and Fresh Fruit - Fresh Fruit - 2nd Piece - Ranch Dressing (for vegetable of the day) - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Chilled, Seasoned Green Beans 	<p>Oct 25</p> <ul style="list-style-type: none"> - Hot Meatball Sub on a Whole Grain Bun - Baked Mac & Cheese and Chicken Sausage Lunch Combo with Revolution Foods Rumbles Whole Grain Crisps: Cinnamon - Ham and Cheese Sub on a Whole Grain Roll with Mayonnaise on the Side - French Toast Muffin with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Three Bean Salad - Grape Tomatoes 	<p>Oct 26</p> <ul style="list-style-type: none"> - All Natural Cheeseburger on a Whole Grain Bun with Ketchup - UPDATED!! Oven Roasted Chicken Sandwich with Mayonnaise on the Side - Chicken Pizza Party Salad with Pizza Sauce Dressing, Goldfish Pretzels and All Natural Raisins (K-12 only) - Revolution Foods Flurries with Orange Juice - Blueberry Burst Whole Grain Bagel with Cream Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Chopped Romaine Lettuce 	<p>Oct 27</p> <ul style="list-style-type: none"> - Breakfast for Lunch: Pancakes with Cheese Omelet, Dick and Jane Smart Crackers, Syrup and Ketchup - Jumbo Caribbean Meatball with Rice - Roast Turkey and Cheese Sub on Whole Grain Roll with Mayonnaise on the Side - Blueberry Muffin with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Seasoned Corn 	<p>Oct 28</p> <ul style="list-style-type: none"> - Veggie Chili with Mini Cheese Sandwich - Kickin Chicken Melt Sandwich with Revolution Foods Rumbles Whole Grain Crisps: Ranch - Chicken Salad Sub on Whole Grain Bun - Cinnamon Crumble with Orange Juice - Whole Wheat Bagel with Cheddar Cheese and Orange Juice - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Steamed Carrots
<p>Oct 31</p> <ul style="list-style-type: none"> - Breakfast for Lunch: Pancakes with Chicken Sausage, Syrup and Yogurt - Crispy Chicken Sandwich with Ketchup - Chicken Caesar Salad with Caesar Dressing, Whole Grain Dinner Roll and Rev Foods Whole Grain Crackers - Revolution Foods Cocoa Bops with Fresh Fruit - Zac Omega Strawberry Bar with Fresh Fruit - Fresh Fruit - 2nd Piece - Milk: 0%, half-pint - Milk: 1%, half-pint - Fresh Fruit with 2nd Fruit Component - Seasoned Blanched Broccoli Florets 				