

October 2022

Breakfast

Kellogg's® Fruit Loops
Original Grahams
Ocean Spray® Orange Craisins®
Apple 100% Juice
1% Milk or Nonfat Chocolate Milk



Milk

1% Low fat Milk or
Non-Fat Chocolate Milk

Lunch

Monday 10/03	Tuesday 10/04	Wednesday 10/05	Thursday 10/06	Friday 10/07
Nacho Meal Broccoli, Cauliflower, & Hummus	Chicken Salad Meal Jicama & Hummus	Wigs & Pizza Meal Broccoli, Cauliflower, & Hummus	Bean Dip Meal Jicama & Hummus	Meat & Cheese Meal Broccoli, Cauliflower, & Hummus
Monday 10/10	Tuesday 10/11	Wednesday 10/12	Thursday 10/13	Friday 10/14
Nacho Meal Broccoli, Cauliflower, & Hummus	Chicken Salad Meal Jicama & Hummus	Wigs & Pizza Meal Broccoli, Cauliflower, & Hummus	Bean Dip Meal Jicama & Hummus	Meat & Cheese Meal Broccoli, Cauliflower, & Hummus
Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21
Nacho Meal Broccoli, Cauliflower, & Hummus	Chicken Salad Meal Jicama & Hummus	Wigs & Pizza Meal Broccoli, Cauliflower, & Hummus	Bean Dip Meal Jicama & Hummus	Meat & Cheese Meal Broccoli, Cauliflower, & Hummus
Monday 10/24	Tuesday 10/25	Wednesday 10/26	Thursday 10/27	Friday 10/28
Nacho Meal Broccoli, Cauliflower, & Hummus	Chicken Salad Meal Jicama & Hummus	Wigs & Pizza Meal Broccoli, Cauliflower, & Hummus	Bean Dip Meal Jicama & Hummus	Meat & Cheese Meal Broccoli, Cauliflower, & Hummus
Monday 10/31				
Nacho Meal Broccoli, Cauliflower, & Hummus				

Grades 9 -12

This institution is an equal opportunity provider.

