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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS ELEMENTARY SCHOOLS



MONDAY | 2

TUESDAY | 3

WEDNESDAY | 4

THURSDAY | 5

FRIDAY | 6

BREAKFAST

Colby Jack Egg Omelet w/ Buttermilk Biscuit V	Egg & Cheese Flatbread Sandwich V	Sausage & Cheese Breakfast Sandwich on an English Muffin	Whole Grain Pancakes w/ Warm Syrup V	Egg & Potato Breakfast Burrito
Whole Grain Bagel w/ Cream Cheese V	Strawberry Banana Bash Yogurt w/ Graham Crackers V	Cinnamon French Toast Bites V	Blueberry Patch Yogurt Parfait w/ Graham Cracker V	Strawberry Guava Danish V
Orange Wedges Mixed Fruit Salad	Fresh Apples Fresh Tangerine	Orange Wedges Diced Peaches	Fresh Nectarine Fresh Blueberries	Applesauce Fresh Banana

Daily offerings include assorted cereal bowls with graham crackers or assorted muffins with cheese stick. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. V denotes vegetarian choices (including milk and eggs) and VE denotes vegan choices. Locally Sourced items noted in green. This menu is subject to change and based upon product availability

LUNCH

Grilled Chicken Sandwich	Spaghetti & Turkey Meatball Marinara w/ Cheesy Breadstick	National Taco Day Tacos Turkey Al Pastor	Arroz Con Pollo	Philly Cheese Steak w/ Peppers & Onions
Veggie Burger V	Grilled Cheese Sandwich V	Falafel Brown Rice Bowl V	Baked Teriyaki Tofu w/ Vegetable Lo Mein V	Cheese Pizza V
Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Chicken Salad Sandwich	Hearty Garden Salad w/ Tortilla Chips V	Jalapeño Lime Chicken Wrap
Seasoned Potato Wedges Oven Sauteed Spinach	Roasted Tuscan Vegetables Parmesan Green Beans	Sweet Plantains Roasted Broccoli & Carrots	Sweet & Sour Vegetables Collard Greens	Roasted Broccoli & Bell Peppers Roasted Sweet Potato
Red Seedless Grapes Fresh Whole Apple	Fresh Pears Fresh Whole Apple	Fresh Blueberries Orange Wedges	Fresh Banana Applesauce	Fresh Cantaloupe Pineapple Tidbits

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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS ELEMENTARY SCHOOLS



MONDAY | 9

TUESDAY | 10

WEDNESDAY | 11

THURSDAY | 12

FRIDAY | 13

BREAKFAST

NO	Whole Grain French Toast Sticks w/ Syrup VE	Bagel Egg & Cheese Sandwich V	Pancake & Sausage Breakfast on a Stick	Cinnamon Roll V
SCHOOL	Tropical Mango Breakfast Round V	Purple Daze Smoothie w/Graham Crackers V	Maple Madness Mini Waffles V	Double Berry Parfait w/Graham Crackers V
	Baked Cinnamon Apples Mixed Fruit Salad	Diced Peaches Orange Wedges	Fresh Banana Fresh Pear	Fresh Strawberries Fresh Whole Apple

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LUNCH

End of National Hispanic Heritage Month

	Glorious Macaroni & Cheese w/Garlic Knot V	Turkey Meatball Sub	Green Chile Turkey & Corn Stew w/Flour Tortillas	Chicken Strips & Plantain Fried Rice
NO	Veggie Lo Mein VE	Veggie Burger V	Veggie Tortellini with Cheesy Breadstick V	Bean & Queso Blanco Quesadilla V
SCHOOL	Hearty Garden Salad w/Dinner Roll V	Chicken Caesar Wrap	Greek Salad w/Oven Fired Flat Bread V	Tuna Salad Sandwich
	Citrus Glazed Carrots Garden Side Salad	Parmesan Green Beans Tomato Cucumber Salad	Seasoned Potato Wedges Caesar Side Salad	Roasted Summer Squash, Peppers & Onions Sofrito Black Beans
	Fresh Whole Apple Fresh Tangerine	Green Seedless Grapes Mixed Fruit Salad	Orange Wedges Baked Cinnamon Apples	Fresh Banana Fresh Tangerine

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BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN NUTRITIOUS AND INNOVATIVE MENUS ELEMENTARY SCHOOLS



MONDAY | 16

TUESDAY | 17

WEDNESDAY | 18

THURSDAY | 19

FRIDAY | 20

BREAKFAST

Whole Grain Pancakes w/ Syrup V	Southern Style Sweet Potato Breakfast Bowl w/ Scrambled Eggs & Gravy V	Biscuit with Old Fashioned Country Gravy V	NO	NO
Cherry Frudel V	Strawberry Guava Danish V	Oatmeal Raisin Round V	SCHOOL	SCHOOL
Fresh Whole Apple Diced Peaches	Melon Mix Pineapple Tidbits	Fresh Blueberries Fresh Banana		

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LUNCH

Lasagna Roll Up w/ Twisted Breadstick V	Chicken Tinga Crunchy Tacos	Spaghetti & Turkey Marinara Sauce		
Lentil Dal with Flatbread V	Veggie Burger V	Cauliflower, Chickpea, & Potato Curry w/ Brown Rice V	NO	NO
Chicken Salad Sandwich	Fiesta Salad w/Tortilla Chips	Falafel & Vegetable Sub V	SCHOOL	SCHOOL
Stewed Chickpeas & Zucchini Mixed Garden Veggies	Sweet Plantains Seasoned Black Beans	Roasted Broccoli & Carrots Ceasar Side Salad		
Red Seedless Grapes Orange Wedges	Fresh Banana Baked Cinnamon Apples	Orange Wedges Red Seedless Grapes		

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MONDAY | 23

TUESDAY | 24

WEDNESDAY | 25

THURSDAY | 26


FRIDAY | 27

BREAKFAST

Chocolate Chip French Toast Bites V	Turkey Sausage Breakfast Pizza	Cherry Frudel V	Egg & Potato Breakfast Burrito V	Hearty Oatmeal w/ <i>Crunchy Granola Topping & Warm Berries</i> VE
Apple Frudel V	Cinnamon French Toast Bites V	Maple Madness Mini Waffles V	Cinnamon Cream Cheese Filled Mini Bagels V	Honey Pear & Cranberry Parfait w/ <i>Graham Crackers</i> V
Fresh Banana Orange Wedges	Fresh Whole Pear Fresh Tangerine	Fresh Whole Apple Fresh Strawberries	Pineapple Tidbits Diced Peaches	Fresh Strawberries Fresh Cantaloupe

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LUNCH

Chicken Parm Pasta	Grecian Chicken & Citrus Brown Rice Bowl w/ <i>Roasted Chickpeas</i>	Big City Bites Tacos Turkey Al Pastor 	Butter Chicken w/ <i>Brown Rice</i>	Beef Taco w/ <i>Diced Tomato & Shredded Lettuce</i>
Glorious Macaroni & Cheese w/ <i>Garlic Knot</i> V	Falafel & Brown Rice Bowl V	Veggie Tortellini w/ <i>Cheesy Breadstick</i> V	Asian Noodle & Broccoli Bowl V	Garden Veggie Wrap VE
Hearty Garden Salad w/ <i>Tortilla Chips</i> V	Egg Salad Sandwich V	Classic Hummus Box VE	Jerk Chicken Wrap	Chicken Salad Sandwich
Roasted Tuscan Vegetables Caesar Side Salad	Garlic Mashed Potatoes Sweet Peas	Basil Corn Salad Sweet Plantains	Roasted Broccoli & Carrots Garden Side Salad	Collard Greens Seasoned Black Beans
Fresh Nectarine Diced Pears	Fresh Blueberries Diced Peaches	Fresh Tangerine Mixed Fruit Salad	Fresh Whole Apple Green Seedless Grapes	Fresh Pears Applesauce

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MONDAY | 30

TUESDAY | 31

WEDNESDAY | NOV 1

THURSDAY | 2

FRIDAY | 3



Happy
Halloween

BREAKFAST

Cheesy Scrambled Eggs w/ Toast V	Pumpkin Apple Spice Parfait V	Egg & Cheese Biscuit Sandwich V	French Toast Sticks w/ Syrup VE	Turkey Sausage Breakfast Pizza
Cinnamon Mini Bagels V	Pumpkin Bread V	Mini Blueberry Waffles V	Honey Cranberry & Pear Parfait w/ Graham Crackers V	Ultra Berry Bread V
Fresh Whole Apple Diced Pears	Fresh Strawberries Mixed Fruit Salad	Fresh Nectarine Orange Wedges	Baked Cinnamon Apples Diced Pears	Fresh Banana Fresh Blueberries

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Happy 
Halloween

LUNCH

Hamburger w/Toppings	Spicy Chicken Sandwich w/Toppings	Herbs de Provence Drumstick w/Dinner Roll	Taco Quesadilla	Glorious Macaroni & Cheese w/Garlic Knot V
Bean & Cheese Nachos V	Grilled Cheese & Tomato Soup	Cheese Filled Breadstick w/Marinara V	Veggie Burger V	Vegetarian Paella with Edamame, Baked Tofu, & Dinner Roll V
Buffalo Chicken Wrap	Sunbutter and Jelly Sandwich VE	Classic Hummus Box VE	Hearty Garden Salad w/Tortilla Chips V	Sweet Thai Chili Chicken Wrap
Sweet Plantains Roasted Mexican Corn	Roasted Butternut Squash Seasoned Green Beans	Garlic Mashed Potatoes Sautéed Spinach	Roasted Broccoli Seasoned Potato Wedges	Roasted Mushrooms Parmesan Green Beans
Fresh Tangerine Red Seedless Grapes	Baked Cinnamon Apples Fresh Pear	Green Seedless Grapes Fresh Whole Apple	Fresh Blueberries Fresh Pear	Fresh Peach Mixed Fruit Salad

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