

	Monday 30	Tuesday Oct 1	Wednesday 2	Thursday 3	Friday 4
<b>Breakfast</b>	Plain Bagel w/Cream Cheese  Peach Slices	Egg & Cheese Biscuit Sandwich  Mandarin Oranges	Vanilla Yogurt w/Graham Crackers  Watermelon	Whole Grain French Toast Sticks w/Syrup  Apple Slices	Egg & Cheese Burrito  Banana

Daily offerings include frosted mini wheats, cinnamon chex and cheerios cereal bowls. All breakfast entrées include choice of skim or low-fat unflavored milk. All grain products are whole grain rich. All ECE breakfast options are vegetarian (including milk and eggs) and (ve) denotes vegan choices.

	Butter Chicken w/Brown Rice  Veggie Burger (v)  Green Peas Apple Slices	Turkey Tacos al Pastor  Grilled Cheese Sandwich (v)  Black Bean & Corn Salad Orange Slices	Cheeseburger  Chile Relleno Burrito (v)  Roasted Mushrooms Pineapple Tidbits	Pasta w/Colorful Marinara  Sunbutter & Jelly Sandwich (ve)  Citrus Glazed Carrots Banana	Turkey & Cheese Sandwich  Cheese Pizza (v)  Roasted Broccoli & Red Peppers Applesauce
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**OFFERED  
DAILY**

Non fat white milk  
Low-fat 1% white  
milk

All grain products are whole grain rich.  
(v) denotes vegetarian choices (includes milk and eggs) and (ve) denotes  
vegan choices. Locally Sourced items offered daily. This menu is subject to  
change and based upon product availability.

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
<b>Breakfast</b>	Peach Cobbler Breakfast Square  Fresh Tangerine	Oatmeal Breakfast Round  Orange Slices	Egg & Cheese Bagel Sandwich  Cantaloupe	No School	No School

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**Lunch  
Comfort  
Kitchen**

Crunchy Beef Taco	Chicken Nuggets	Chicken & Bean Empanada	No School	No School
Cheese-filled Breadsticks w/Marinara (v)	Macaroni & Cheese (v)	Teriyaki Tofu w/ Veggie Lo Mein (v)	No School	No School
Refried Pinto Beans Diced Pears	Citrus Glazed Carrots Fresh Apple Slices	Roasted Bell Peppers & Onions Mandarin Oranges	No School	No School

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	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
<b>Breakfast</b>	No School	Scrambled Eggs w/Toast  Pineapple	Tropical Mango Breakfast Round  Banana	Plain Bagel w/Cream Cheese  Orange Wedges	Egg & Cheese Biscuit Sandwich  Mandarin Oranges

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**Lunch  
Comfort  
Kitchen**

No School	Tuna Salad Sandwich  Baked Penne (v)  Mixed Garden Veggies Apple Slices	Grilled Chicken Sandwich  Teriyaki Chick'n Fried Rice (v)  Roasted Broccoli & Red Peppers Orange Slices	Popcorn Chicken Bowl w/Corn, Mashed Potatoes & Gravy  Sunbutter & Jelly Sandwich (ve)  Roasted Butternut Squash Banana	Beef Enchilada  Cheese Pizza (v)  Mexican Corn Cantaloupe
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	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
<b>Breakfast</b>	Strawberry Yogurt w/Graham Crackers  Orange Wedges	Blueberry Muffin w/String Cheese  Diced Peaches	Oatmeal Breakfast Round  Applesauce	Plain Bagel w/Cream Cheese  Fresh Banana	Strawberry Oatmeal (ve)  Strawberry Cup

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	Beef & Cheese Nachos  Veggie Burgers (v)  Mexican Black Beans Apple Slices	Chicken Nuggets  Sunbutter & Jelly Sandwich (ve)  Tater Tots Strawberries	Turkey & Cheese Sandwich  Cheese-filled Breadsticks w/Marinara (v)  Roasted Broccoli Banana	Chili con Carne w/Breadsticks  Caprese Grilled Cheese Sandwich (v)  Crinkle Cut Fries Mandarin Oranges	Chicken & Bean Empanada  Broccoli & Cheese Baked Potato w/Garlic Knot(v)  Roasted Broccoli Applesauce
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	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Nov 1
<b>Breakfast</b>	Cheesy Scrambled Eggs w/Toast  Diced Pears	Hard Boiled Egg Bento Box  Strawberries	Egg & Cheese Breakfast Sandwich on a Biscuit  Orange Wedges	Banana Muffin w/String Cheese  Baked Cinnamon Apples	Potato, Egg & Cheese Breakfast Bowl  Fresh Banana

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	Crispy Chicken Wrap	Chicken Quesadilla	Beef Tachos w/Breadstick	Tuna Salad Sandwich	Turkey & Cheese Sandwich
<b>Lunch Comfort Kitchen</b>	Cheese Pizza (v)  Roasted Cauliflower Orange Slices	Cheese Quesadilla (v)  Roasted Broccoli Diced Pears	Plant-Based Tachos w/Breadstick (v)  Mexican Corn Applesauce	Breakfast Potato Bowl w/Biscuit (v)  Roasted Carrots Mandarin Oranges	Glorious Mac & Cheese (v)  Peas Apple Slices

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