

Elementary & K-8

Sept 30-Oct 4

ONE-TABLE

	Monday 30	Tuesday Oct 1	Wednesday 2	Thursday 3	Friday 4
 Comfort Kitchen	Butter Chicken w/Brown Rice Veggie Burger (v) Green Peas Sweet Potato Fries Burger Toppings	Turkey Tacos al Pastor w/Avocado Crema Grilled Cheese Sandwich (v) Black Bean & Corn Salad Crinkle Cut Fries	Cheeseburger Chile Relleno Burrito (v) Roasted Broccoli & Carrots Roasted Mushrooms	Breaded Chicken Drumstick w/Mac & Cheese Pasta & Colorful Marinara w/Garlic Knot (v) Citrus Carrots Collard Greens	BBQ Chicken Sandwich Cheese Pizza (v) Roasted Broccoli & Red Peppers Roasted Butternut Squash
 Corner Deli	Deli Bento Box	Chef Salad w/Hard Boiled Egg and Garlic Knot (v)	Chicken Caesar Salad w/ Breadstick	Sunbutter & Jelly Sandwich (ve)	Turkey & Cheese Sub
 From the Garden	Apple Slices Fresh Peach Cucumber Salad Super Salad	Orange Slices Apple Slices Caesar Side Salad Sliced Bell Pepper	Frozen Blueberries Pineapple Tidbits Super Salad Baby Carrots	Banana Fresh Pear Caesar Side Salad Celery Sticks	Whole Apple Red Seedless Grapes Super Salad Chilled Peas

OFFERED DAILY

Non fat white milk
Low-fat 1% white milk

DRESSINGS

Italian, Ranch, Ketchup, Mayo, Mustard

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.

This institution is an equal opportunity provider. Additional nutrition information available upon request.

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Oct 7-11

ONE-TABLE

	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
 <p>Comfort Kitchen</p>	Crunchy Beef Tacos	Chicken Nuggets w/Breadstick	Chicken & Bean Empanadas	No School	No School
	Cheese-filled Breadsticks w/Marinara (v)	Macaroni & Cheese w/Breadstick (v)	Teriyaki Tofu w/Veggie Lo Mein (v)		
 <p>Corner Deli</p>	Refried Pinto Beans Green Beans	Citrus Glazed Carrots Green Peas	Fiesta Potatoes Roasted Bell Peppers & Onions		
	Strawberry Banana Parfait (v)	Pizza Bento Box	Fiesta Salad w/Breadstick (v)		
 <p>From the Garden</p>	Orange Slices Diced Pear Baby Carrots Super Salad	Apple Slices Diced Peaches Garden Salad Cucumber Slices	Watermelon Mandarin Oranges Super Salad Chilled Sweet Potato	No School	No School

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Oct 14-18

ONE-TABLE

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
 Comfort Kitchen	No School	Beef Meatballs & Marinara	Grilled Chicken Sandwich	Beef Hot Dog	Beef Enchiladas
		Baked Penne w/Breadstick (v)	Teriyaki Chick'n and Fried Rice (v)	Tortellini Pasta Salad (v)	Cheese Pizza (v)
 Corner Deli		Parmesan Green Beans Tater Tots	Roasted Broccoli & Carrots Green Peas	Crinkle Cut Fries Roasted Butternut Squash	Mexican Black Beans Citrus Carrots
		Hummus Box (v)	Turkey "Ham" and Cheese Sandwich	Blueberry Parfait (v)	Chicken Caesar Salad w/Breadstick

From the Garden 	No School	Peach Slices Apple Slices Garden Salad Celery Sticks	Banana Orange Slices Asian Bean Salsa Super Salad	Frozen Blueberries Cantaloupe Blue Ribbon Slaw Tuscan Salad	Whole Apple Banana Roasted Corn Super Salad
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Comfort Kitchen

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
	Beef & Cheese Nachos	Chicken Nuggets w/Breadstick	Veggie Lo Mein w/Sweet & Sour Tofu (ve)	Chili con Carne w/Breadstick	Chicken & Veggie Empanadas
	Veggie Burger (v)	BBQ Sloppy Joe Sandwich (ve)	Cheese Filled Breadsticks w/Marinara (v)	Caprese Grilled Cheese Sandwich (v)	Broccoli & Cheese Baked Potato w/ Garlic Knot (v)
	Mexican Black Beans	Celery Sticks	Sweet Roasted Corn	Green Peas Crinkle Cut Fries	Roasted Broccoli
	Moroccan Spiced Carrots	Tater Tots	Roasted Broccoli		Blue Ribbon Slaw
	Burger Toppings				



Corner Deli

	Sunbutter & Jelly Sandwich (ve)	Strawberry Banana Parfait (v)	Turkey & Cheese Sandwich	Chicken Caesar Wrap	Fiesta Salad w/ Garlic Knot (v)
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From the Garden

	Apple Slices Diced Pears Fresh Broccoli Super Salad	Fresh Peach Strawberries Greek Salad Celery Sticks	Orange Slices Frozen Blueberries Super Salad Pinto Beans	Whole Apple Mandarin Oranges Greek Salad Green Pepper Strips	Orange Slices Applesauce Super Salad Pinto Beans
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Oct 28-Nov 1

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	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday Nov 1
 Comfort Kitchen	Parmesan Chicken w/Spaghetti & Marinara Cheese Pizza (v) Parmesan Green Beans Roasted Cauliflower	Chicken Quesadilla OR Cheese Quesadilla (v) w/Cilantro Lime Rice Mexican Black Beans Roasted Cilantro & Lime Broccoli	Beef Tachos w/Breadstick Plant-based Tachos w/Breadstick (v) Mexican Corn Tater Tots	Spicy Chicken Sandwich Fiesta Potato Breakfast Bowl w/Biscuit (v) Sweet Potato Fries Seasoned Carrot Coins	BBQ Mac & Cheese w/ Garlic Knot Lasagna Roll Up w/ Garlic Knot (v) Collard Greens Green Peas
	Corner Deli	Chicken Caesar Wrap	Tuna Salad Sandwich	Crispy Chicken Salad w/Breadstick	Hummus Box (v)
From the Garden	Strawberries Orange Slices Baby Carrots Super Salad	Red Seedless Grapes Orange Slices Chilled Peas Spinach Salad	Whole Apple Frozen Blueberries Red Pepper Strips Super Salad	Apple Slices Banana Roasted Chickpeas Spinach Salad	Mixed Melon Peach Slices Cucumber Slices Super Salad

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