

BREAKFAST

LUNCH

October 2022

Elementary

LIFETIME FOUNDATION
HEALTHY PEOPLE. HEALTHY PLANET.



Monday

Tuesday

Wednesday

Thursday

Friday



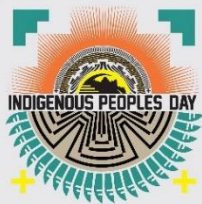
October is...
National APPLE Month
and
National PIZZA Month



We'll be celebrating
National School Lunch Week
October 11th-14th



No School



10

Yogurt with Educational Crackers

11

Fajita Chicken Street Tacos
Bean and Corn Salad
Peaches

Hummingbird Muffin
String Cheese

12

Chicken Corn Dog
Veggie Pasta Salad
Applesauce

Whole Grain Cereal
Graham Crackers

13

Chicken Patty Sandwich
Honey Roasted Carrots and Potatoes
Mixed Fruit

Oatmeal Breakfast Bar

14

Veggie Pizza or Cheese Pizza
Buffalo Chipotle Cauliflower
Peaches

Mini Waffles

17

Cheese Quesadilla
Baby Carrots
Applesauce

Whole Grain Cereal
Graham Crackers

18

Pasta and Meat Sauce
Cali Blend Vegetables
Peaches

Blueberry Muffin
String Cheese

19

Popcorn Chicken
Dinner Roll
Pozole Soup
Cinnamon Apple Slices



Turkey Sausage
Pancake Wrap

20

Pull Apart Cheese Breadsticks
Marinara Sauce/Bean Salad
Mixed Fruit

Bagel with Cream Cheese

21

Fish Nuggets
Oven Fries
Applesauce

Mini Cinnis

24

Chicken Tamale
Pinto Beans
Applesauce

Yogurt with Educational Crackers

25

Breakfast for Lunch
Hash Browns
Peaches

Zucchini Bread Muffin

26

Beef Hot Dog
Chicken Chili White Bean Soup
Mandarin Oranges

Whole Grain Cereal
Graham Crackers

27

Macaroni and Cheese
Broccoli
Mixed Fruit

Oatmeal Breakfast Bar

28

Homemade Cheese Pizza
Baby Carrots
Applesauce

Mini Waffles

31

Orange Chicken and Rice
Edamame Beans
Pineapple

Daily Breakfast

Breakfast Special
Seasonal Whole Fresh Fruit
100% Fruit Juice
1% or Skim Milk

Daily Lunch

Lunch Special
Peanut Butter & Jelly Sandwich
Rotating 3rd Lunch Entrée
Seasonal Whole Fresh Fruit
Crispy Garden Salad
1% or Skim Milk

Rotating 3rd Entrée

Monday/Thursday
Turkey Ham and Cheese Sub
Tuesday/Friday
Chicken Ranch Wrap
Wednesday
Large Garden Salad with Turkey



Vegetarian



Fish



Poultry



Pork



Beef



Gluten Free



Contains Nuts

Please bear with us as we deal with supply chain issues.
Menu items may change due to availability.
This institution is an equal opportunity provider
Questions? Call the Child Nutrition Office at 602-707-2021