

Breakfast – All Schools*

OCT 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Fuel Kit 	4 Whole-Grain Pancakes  Homemade Berry Sauce	5 Apple Frudel 	6 English Muffin Breakfast Sandwich 	7 Blueberry Strudel Baked Oatmeal 
10 Breakfast Fuel Kit 	11 Breakfast Parfait 	12 French Toast Sticks & Sausage Links 	13 Breakfast Burrito 	14 NO SCHOOL!
17 Breakfast Fuel Kit 	18 Whole-Grain Pancakes  Homemade Berry Sauce	19 Cinnamon Roll 	20 Croissant Breakfast Sandwich 	21 NO SCHOOL!
24 Breakfast Fuel Kit 	25 Breakfast Parfait 	26 French Toast Sticks & Sausage Links 	27 Breakfast Burrito 	28 Cinnamon Roll Baked Oatmeal 
31 Breakfast Fuel Kit 				

FYI

FREE BREAKFAST EVERY DAY!

Fruit & Milk with every meal!

At least two varieties of fruit and two varieties of milk are offered every day with each breakfast.

What makes a breakfast?

We always OFFER at least four food items at breakfast, however, students only need to take THREE items that they really want – one of which **must** be a fruit or vegetable.

*Breakfast after the Bell (BAB)

BAB is offered at Roosevelt, Fruit Valley, Discovery, McLoughlin, King and Washington. These school breakfasts include more grab n go options not listed above.

 vegetarian or vegetarian modification available upon **advance** request
 contains pork

This institution is an equal opportunity provider.



Lunch – All Schools

OCT 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheese Pizza Veggie Pizza	4 Grilled Cheese Sandwich & Tomato Soup	5 Bean & Cheese Burrito	6 Burgers & Fries	7 Hot Ham & Cheese Sliders
10 Mozzarella Breadsticks	11 Orange Chicken & Brown Rice	12 Quesadilla Black Beans	13 Chicken Gravy, Mashed Potatoes & Whole-Grain Roll	14 NO SCHOOL!
17 Cheese Pizza Combo Pizza	18 Chicken Alfredo & Whole-Grain Breadstick	19 Pulled Pork Nachos	20 Meatball Sub on Whole-Grain Hoagie	21 NO SCHOOL!
24 Pizza Pocket	25 Lasagna Rollups	26 Chicken Tacos Caliente Corn Salsa	27 Homestyle Bowl	28 BBQ Pulled Pork Sliders
31 Cheese Pizza Veggie Pizza				

Alternate items may be made available upon **advance** request: Chef, Malibu or Veggie Salad, Turkey, Tuna, Egg or Sunbutter Sandwich, Hummus Box

FYI

FREE LUNCH EVERY DAY!

Fruit, Vegetables & Milk with every meal!

Unlimited servings of seasonal fruit and vegetable choices and at least two varieties of milk are available daily with each lunch.

What makes a lunch?

We always OFFER several items representing each of the five components that make up a lunch: Meat or Meat Alternate, Grains, Fruits, Vegetables & Milk. However, students only need to take THREE items that they really want – one of which **must** be a fruit or vegetable.

Did you know?

You can find detailed nutrient information about all of the meals we offer on the My School Menus webpage and app.

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