MENU

Lunch

OCTOBER

			1 Cheesy Meatball Sub Chocolate Chickpea & Strawberry Snack Pack Tater Tots, Banana and Choice of Milk	2 Cheese Pizza Crispy Chicken Garden Salad Broccoli, Apple and Choice of Milk
5 Macaroni and Cheese Sunbutter & Jelly Sandwich Goldfish Grahams, Cherry Tomatoes, Green Grapes and Choice of Milk	6 Walking Beef Taco Mixed Berry Yogurt Parfait Black Beans, Pears and Choice of Milk	7 BBQ Chicken Boneless Wings Chicken Snacker Wrap Celery, Cantaloupe and Choice of Milk	8 BBQ Meatball Sub Chocolate Chickpea & Apple Snack Pack Tater Tots, Watermelon, Choice of Milk	9 Cheese Pizza Crispy Chicken Garden Salad Baby Carrots, Applesauce and Choice of Milk
12 No School Columbus Day	13 Beef Hot Dog on a Bun Blueberry Yogurt Parfait String Cheese, Baked Beans, Applesauce and Choice of Milk	14 Breaded Chicken Breast Patty Sandwich Chicken Snacker Wrap French Fries, Pineapple Chunks and Choice of Milk	15 Chicken Tenders & Breadstick Cheese Pizzable String Cheese, Grape Tomatoes, Applesauce and Choice of Milk	16 Cheese Pizza Chicken Caeser Salad w/ Roll Romaine lettuce, Applesauce and Choice of Milk
19 BBQ Ribette Sandwich Sunbutter & Jelly Sandwich French Fries, Orange and Choice of Milk	20 Beef & Cheese Tacos Mixed Berry Yogurt Parfait Black Beans, Pears and Choice of Milk	21 Popcorn Chicken Bowl Chicken Snacker Wrap Cherry Tomatoes, Watermelon and Choice of Milk	22 Cheese & Garlic Breas Pull Apart Granola, Fruit & Yogurt Pack Goldfish Grahams, Lettuce Blend, Apple and Choice of Milk	23 Early Dismissal No Lunch
26 Cheeseburger on a Bun Sunbutter & Jelly Sandwich Tater Tots, Apple Slices and Choice of Milk	27 Chicken & Waffles Mango Yogurt Parfait String Cheese, Baby Carrots, Diced Peaches and Choice of Milk	28 Mini Pizza Bagels Chicken Snacker Wrap Goldfish Crackers, Tater Tots, Mandarin Oranges and Choice of Milk	29 Baked Chicken Breast Sandwich Protein Pack w/ Egg Baked Beans, Diced Peaches and Choice of Milk	30 Cheese Pizza Turkey & Cheese Sandwich Cherry Tomatoes, Oranges and Choice of Milk

Field Trip Lunch :
Sunbutter & Jelly Sandwich
Juice Box
Fresh Fruit
Fresh Vegetable

*Lunch items are subject to change upon availability

Visit www.d91.net>District>Lunch Program, Info & Forms for complaint

Want to find out more about your school meals and their nutrition?

Visit : www.myschoolquest.com

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MENU

Breakfast

OCTOBER

			1 Banana Muffin Cheddar Goldfish Crackers Banana, Fruit Punch Juice and Choice of Milk	2 Frosted Mini Wheats Banana, Orange Juice and Choice of Milk
5 Cinnamon Whole-Grain Pop Tart Apple, Fruit Punch Juice and Choice of Milk	6 Cocoa Puff Cereal Pretzel Goldfish Apple Slices, Grape Juice and Choice of Milk	7 Late Start No Breakfast Service	8 Blueberry Muffin Cheddar Goldfish Crackers Mandarin Oranges, Apple Juice and Choice of Milk	9 Honey Cheerios Banana, Apple Juice and Choice of Milk
12 No School Columbus Day	13 Blueberry Nutri-Grain Bar Bug Bite Grahams Apple Slices, Fruit Punch Juice and Choice of Milk	14 Mini Pancakes Goldfish Grahams Banana, Very Berry Juice and Choice of Milk	15 Apple Oatmeal Bar Pretzel Goldfish Blue Raspberry Applesauce, Fruit Punch Juice and Choice of Milk	16 Honey Cheerios Banana, Fruit Punch Juice and Choice of Milk
19 Cinnamon Raisin Bagel w/ Cream Cheese Dried Cranberries, Fruit Punch Juice and Choice of Milk	20 Lucky Charms Cereal Cheddar Goldfish Crackers Pear Slices, Grape Juice and Choice of Milk	21 Mini Cinnamon Waffles Apple, Very Berry Juice and Choice of Milk	22 Trix Cereal Oranges, Apple Juice and Choice of Milk	23 Strawberry Cream Cheese Bagel Banana, Fruit Punch Juice and Choice of Milk
26 Glazed Donut Hole Pull Apart Apple Slices, Grape Juice and Choice of Milk	27 Blueberry Whole Grain Pop Tart Banana. Fruit Punch Juice and Choice of Milk	28 Mini Confetti Pancakes Pretzel Goldfish Pears, Fruit Punch Juice and Choice of Milk	29 Frosted Mini Wheats Applesauce, Fruit Punch Juice and Choice of Milk	30 Strawberry Whole Grain Pop Tart Pineapple Chunks, Fruit Punch Juice and Choice of Milk

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Sunbutter & Jelly Sandwich
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