# October

**Monday**
- **Breakfast:** Lemon Poppyseed Muffin
- **Lunch:** Chicken Fajita Burrito, Bean & Cheese Quesadilla, Diced Carrots

**Tuesday**
- **Breakfast:** Cinnamon-Grin Cereal w/ Hardboiled Egg
- **Lunch:** Cheeseburger, Veggie Sloppy Joe, Shredded Lettuce

**Wednesday**
- **Breakfast:** Plain Bagel w/ Cream Cheese
- **Lunch:** Pasta w/ Zesty Beef, Pasta Alfredo, Cucumbers, Ranch

**Thursday**
- **Breakfast:** Yogurt & Granola
- **Lunch:** 3 Bean Chili Cheese Sandwich, Potato Salad

**Friday**
- **Breakfast:** Kashi Blossoms Cereal, Zac Attack Apple Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, Seasoned Corn

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**Monday**
- **Breakfast:** Lemon Poppyseed Muffin
- **Lunch:** Chicken Fajita Burrito, Bean & Cheese Quesadilla, Diced Carrots

**Tuesday**
- **Breakfast:** Cinnamon-Grin Cereal w/ Hardboiled Egg
- **Lunch:** Cheeseburger, Veggie Sloppy Joe, Shredded Lettuce

**Wednesday**
- **Breakfast:** Plain Bagel w/ Cream Cheese
- **Lunch:** Pasta w/ Zesty Beef, Pasta Alfredo, Cucumbers, Ranch

**Thursday**
- **Breakfast:** Yogurt & Granola
- **Lunch:** 3 Bean Chili Cheese Sandwich, Potato Salad

**Friday**
- **Breakfast:** Kashi Blossoms Cereal, Zac Attack Apple Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, Seasoned Corn

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**Monday**
- **Breakfast:** Cinnamon-Grin Cereal w/ Hardboiled Egg
- **Lunch:** Cheeseburger, Veggie Sloppy Joe, Shredded Lettuce

**Tuesday**
- **Breakfast:** Plain Bagel w/ Cream Cheese
- **Lunch:** Pasta w/ Zesty Beef, Pasta Alfredo, Cucumbers, Ranch

**Wednesday**
- **Breakfast:** Yogurt & Granola
- **Lunch:** 3 Bean Chili Cheese Sandwich, Potato Salad

**Thursday**
- **Breakfast:** Kashi Blossoms Cereal, Zac Attack Apple Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, Seasoned Corn

**Friday**
- **Breakfast:** Cinnamon-Grin Cereal w/ Hardboiled Egg
- **Lunch:** Cheeseburger, Veggie Sloppy Joe, Shredded Lettuce

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**Monday**
- **Breakfast:** Kashi Honey Sunshine Cereal, Zac Attack Strawberry Bar
- **Lunch:** Chicken Teriyaki w/Brownrice, Cheesy Chicken Quesadilla, Beans & Cheese Quesadilla, Corn Tomato Salad

**Tuesday**
- **Breakfast:** Yogurt & Granola
- **Lunch:** Cheesy Chicken Quesadilla, Beans & Cheese Quesadilla, Corn Tomato Salad

**Wednesday**
- **Breakfast:** Banana Muffin
- **Lunch:** Pasta w/ Zesty Beef, Pasta Alfredo, Diced Carrots

**Thursday**
- **Breakfast:** Triple Berry Cereal w/ Hard Boiled Egg
- **Lunch:** Pasta w/ Zesty Beef, Pasta Alfredo, Diced Carrots

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**Monday**
- **Breakfast:** Kashi Heart Cereal, Dipperoodle Bar
- **Lunch:** Hot Dog, Cheese Ravioli, W/Marinara, Seasoned Corn

**Tuesday**
- **Breakfast:** Cinnamon-Raisin Bagel
- **Lunch:** Chicken Enchiladas, Cheese Enchiladas, Pinto Beans

**Wednesday**
- **Breakfast:** Zac Omega Apple Bar
- **Lunch:** Spaghetti & Meatballs, Spaghetti Marinara W/Parmesan, Diced Carrots

**Thursday**
- **Breakfast:** Blueberry Muffin
- **Lunch:** BBQ Chicken Sandwich, Cheese Pizza, Cucumbers

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**Monday**
- **Breakfast:** Zac Omega Strawberry Bar
- **Lunch:** Chicken Teriyaki w/Brownrice, BBQ Chicken, Cheese Ravioli, W/Marinara, Seasoned Corn

**Tuesday**
- **Breakfast:** Zac Omega Strawberry Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, W/Marinara, Seasoned Corn

**Wednesday**
- **Breakfast:** Zac Omega Cereal Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, W/Marinara, Seasoned Corn

**Thursday**
- **Breakfast:** Zac Omega Cereal Bar
- **Lunch:** BBQ Chicken, Cheese Ravioli, W/Marinara, Seasoned Corn

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*Each meal is served with fresh fruit. To request the vegetarian option, place your order at least one week in advance with your cafeteria server.*