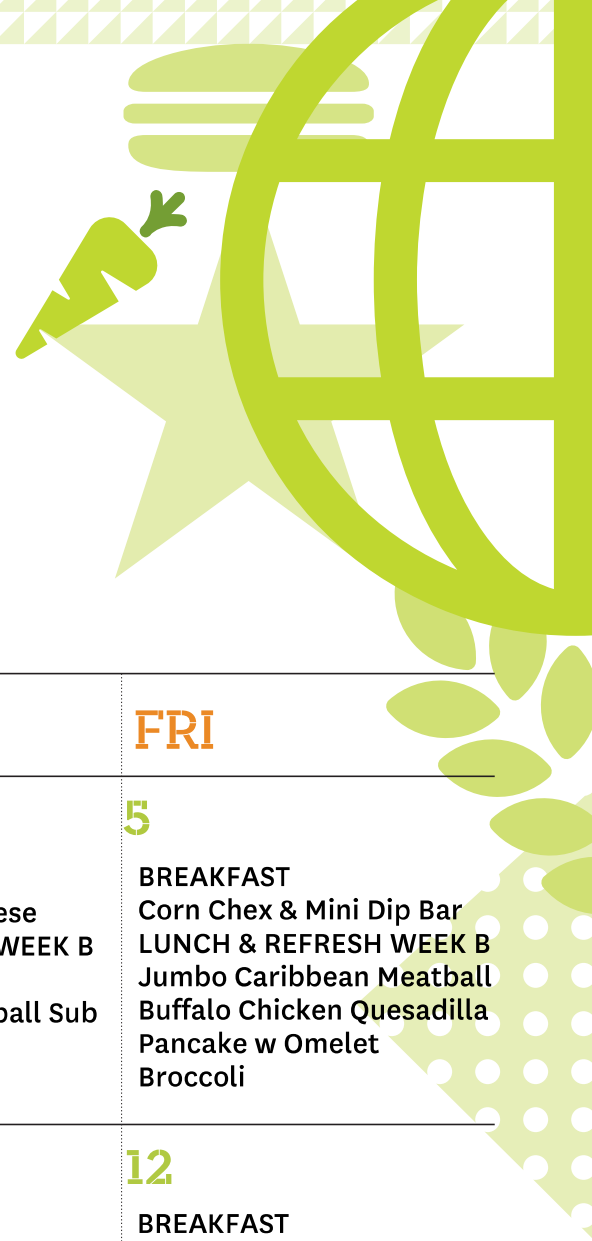



OCTOBER



MON	TUE	WED	THU	FRI
1 BREAKFAST Zac Omega Bar LUNCH & REFRESH WEEK B Turkey/Chz Flatbread Chxn Sausage Chz Eggel Pasta Alfredo w Yogurt Baby Carrots w Ranch	2 BREAKFAST Cinnamon Crumble LUNCH & REFRESH WEEK B Mac & Cheese BBQ Chicken Chicken Tamale Cheesy Ravioli Pinto Beans	3 BREAKFAST Mini Dip Bar w String Chz LUNCH & REFRESH WEEK B Chicken Potstickers w Rice All-Beef Hot Dog Bean & Cheese Pupusa Coleslaw	4 BREAKFAST Bagel w Cream Cheese LUNCH & REFRESH WEEK B Chicken Taco Trio Turkey & Beef Meatball Sub Cheese Pizza Chili Citrus Corn	5 BREAKFAST Corn Chex & Mini Dip Bar LUNCH & REFRESH WEEK B Jumbo Caribbean Meatball Buffalo Chicken Quesadilla Pancake w Omelet Broccoli
8 Indigenous Peoples' Day	9 BREAKFAST Cinnamon Chex & Zac Bar LUNCH & REFRESH WEEK A All-Beef Hot Dog Cheesy Chicken Quesadilla Cheese Tamale Orangy Carrots	10 BREAKFAST Blueberry Muffin LUNCH & REFRESH WEEK A Citrus Chxn Drumstick Firecracker Chxn Noodles Rainbow Veggie Pizza (V) Corn	11 BREAKFAST Cinnamon Crumble LUNCH & REFRESH WEEK A Pepperjack Cheeseburger All-Beef Hamburger Cheese Lasagna Lettuce w Ranch	12 BREAKFAST Bagel & Cream Cheese LUNCH & REFRESH WEEK A Turkey/Chz Flatbread Chicken Teriyaki Pasta Alfredo w Yogurt Green Beans
15 BREAKFAST Cheerios & Mini Dip Bar LUNCH & REFRESH WEEK B Chicken Taco Trio Pancakes w/ Chxn Sausage Spaghetti Marinara Chili Citrus Corn	16 BREAKFAST Blueberry Bagel/CreamChz LUNCH & REFRESH WEEK B All-Beef Hot Dog Bean & Cheese Pupusa Cheese Pizza Lettuce w Ranch	17 BREAKFAST Corn Chex & Zac Attack Bar LUNCH & REFRESH WEEK B Chxn/Chile Chz Dip Scoops Chxn Gumbo w Cornbread Italian Calzoni Baby Carrots	18 BREAKFAST Apple Muffin & Boiled Egg LUNCH & REFRESH WEEK B Chicken Bites BBQ Beans Jerk Chxn Drumstick Mac & Chz Baked Beans Cucumber Tomato Salad	19 BREAKFAST Yogurt & Granola LUNCH & REFRESH WEEK B BBQ Beef Flatbread Pasta w Bolognese Pasta Alfredo w Yogurt Pinto Beans
22 BREAKFAST Dipperdoodle Bar LUNCH & REFRESH WEEK A Spicy Chxn Chz Eggel Chicken Alfredo Cheese Pizza Calzoni Green Beans	23 BREAKFAST French Toast Muffin LUNCH & REFRESH WEEK A BBQ Chxn w Cheesy Rice 3 Bean/Chz Dip Scoops Pancake w Omelet Pinto Beans	24 BREAKFAST Bagel & Cream Cheese LUNCH & REFRESH WEEK A Spaghetti Meatballs BBQ Chicken Sandwich Cheese Tamale Orangy Carrots	25 BREAKFAST Cheerios & Mini Dip Bar LUNCH & REFRESH WEEK A Mac & Cheese w BBQ Chxn Buffalo Chxn Quesadilla Cheesy Ravioli Corn	26 BREAKFAST Blueberry Muffin LUNCH & REFRESH WEEK A All-Beef Cheeseburger All-Beef Hamburger Bean & Cheese Pupusa Lettuce w Ranch
29 BREAKFAST Zac Omega Bar LUNCH & REFRESH WEEK B Chicken Taco Trio Mac & Cheese w Chxn Cheese Lasagna Baby Carrots	30 BREAKFAST Cinnamon Crumble LUNCH & REFRESH WEEK B Chxn Bites w BBQ Beans BBQ Chicken Drumstick Bean & Chz Quesadilla Broccoli Carrot Salad	31 BREAKFAST Corn Chex & Zac Attack Bar LUNCH & REFRESH WEEK B Chxn Potstickers w Rice All-Beef Hot Dog Cheese Pizza Coleslaw		

DAILY REFRESH SPECIALS FROM THE CAFÉ

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A	California Beef Hotdog Teriyaki Meatball/Rice Bowl Yogurt Fruit Parfait Baked Beans	*Rogeli's Chicken Alfredo Pasta Roasted Caprese Salad Granola Bar Snack Pack CherryTomato/Cucumber Salad	Turkey Pesto Melt BBQ Drumstick & Cornbread Yogurt Parfait Tomato Soup	Chicken or Vegetarian Burrito Bean & Cheese Pupusa Bean Dip Snack Pack Suzie's Lime Slaw	Pepperoni or Cheese Pizza Cheeseburger or Hamburger Yogurt Fruit Parfait Spinach Shaker Salad
Week B	California Beef Hotdog Chicken Caesar Salad Yogurt Fruit Parfait Shredded Carrot Salad	*Rogeli's Chicken Alfredo Pasta *Rogeli's Cheesy Alfredo Pasta Spicy Beef Flatbread Tacos Granola Bar Snack Pack Creamy Sriracha Slaw	Turkey or Cheese Deli Sandwich BBQ Drumstick & Dinner Roll Yogurt Fruit Parfait Tomato Soup	Chicken or Vegetarian Burrito Chicken Tamale Plate Bean Dip Snack Pack Suzie's Lime Slaw	Pepperoni or Cheese Pizza Cheeseburger or Hamburger Yogurt Fruit Parfait Spinach Shaker Salad

*Recipes created by the School Advisory 
 A youth led group that collaborates with Student Nutrition to reimagine the school dining experience.

PRICING
Student Meal: \$3
Teacher Meal: \$4

Water \$1
Fruit \$0.50
Milk: \$0.50

All meals come with Fresh Fruit & choice of Milk. Students must take a Fruit or Veggie. If your school is participating in the Community Eligibility Provision (CEP), each student can receive one breakfast and one lunch at no cost.