



2023 Pre-K October Breakfast Menu

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Assorted Cereal Bar	Apple Frudel	Pizza Bagel	Sausage Pancake Stick	Assorted WG Breakfast Breads
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Assorted Cereal Bowls	Chocolate Chip WG Waffles	Chicken Biscuit Sandwich	Assorted WG Muffins
	Apple Sauce	Orange Juice	Mango Cup	Fruit Cup
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Assorted Cereal Bar	Apple Frudel	Pizza Bagel	Sausage Pancake Stick	WG Pop Tart
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Assorted Cereal Bowls	French Toast Mini	Maple Waffles	Beef Sausage & Cheese Sandwich	Staff Development Day
Apple Sauce	Banana	Orange Juice	Mango Cup	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Assorted Cereal Bar	Apple Frudel	Chocolate Chip WG Waffles	Sausage Pancake Stick	Assorted WG Breakfast Breads
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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2023 K - 8 October Breakfast Menu

2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Assorted Cereal Bar	Apple Frudel	Pizza Bagel	Sausage Pancake Stick	Assorted WG Breakfast Breads
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Assorted Cereal Bowls	Chocolate Chip WG Waffles	Chicken Biscuit Sandwich	Assorted WG Muffins
	Apple Sauce	Orange Juice	Mango Cup	Fruit Cup
	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Assorted Cereal Bar	Apple Frudel	Pizza Bagel	Sausage Pancake Stick	WG Pop Tart
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Assorted Cereal Bowls	French Toast Mini	Maple Waffles	Beef Sausage & Cheese Sandwich	Staff Development Day
Apple Sauce	Banana	Orange Juice	Mango Cup	
Craisins	Pear Cup	Fresh Apple	Fresh Orange	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov
Assorted Cereal Bar	Apple Frudel	Chocolate Chip WG Waffles	Sausage Pancake Stick	Assorted WG Breakfast Breads
Apple Sauce	Banana	Orange Juice	Mango Cup	Fruit Cup
Craisins	Pear Cup	Fresh Apple	Fresh Orange	Fresh Pear
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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2023 Pre-K October Lunch Menu

2-Oct	Taco Tuesday 3-Oct	4-Oct	5-Oct	1/2 day 6-Oct
Chicken Pot Pie Collard Greens Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Parmesan Potatoes Fruit Punch Skim or 1% Fat Milk	Hot Dog on Bun Baby Carrots w/Dipping Sauce Banana Skim or 1% Fat Milk	Cheese Pizza Celery Sticks w/Dipping Sauce Apple Sauce Skim or 1% Fat Milk
9-Oct	Taco Tuesday 10-Oct	11-Oct	12-Oct	1/2 day 13-Oct
Holiday	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Seasoned Collard Greens Fruit Cup Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Cole Slaw Banana Skim or 1% Fat Milk	Pepperoni Pizza Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
16-Oct	Taco Tuesday 17-Oct	18-Oct	19-Oct	1/2 day 20-Oct
Chicken Nuggets w/Dinner Roll Onion Rings Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Grilled Cheese Sandwich Seasoned Corn Apple Juice Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Seasoned Collard Greens Banana Skim or 1% Fat Milk	Cheese Pizza Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
23-Oct	Taco Tuesday 24-Oct	25-Oct	26-Oct	27-Oct
Spaghetti w/Meatballs Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Black Bean & Corn Salsa Orange Wedges Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Seasoned Carrots Diced Pears Skim or 1% Fat Milk	Cheeseburger on WG Bun Crispy French Fries Banana Skim or 1% Fat Milk	Staff Development Day
30-Oct	Taco Tuesday 31-Oct	1-Nov	2-Nov	1/2 day 3-Nov
Chicken Pot Pie Collard Greens Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Rice & Beans Orange Wedges Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Parmesan Potatoes Fruit Punch Skim or 1% Fat Milk	Hot Dog on Bun Baby Carrots w/Dipping Sauce Banana Skim or 1% Fat Milk	Cheese Pizza Celery Sticks w/Dipping Sauce Apple Sauce Skim or 1% Fat Milk

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2023 K - 5 October Lunch Menu

2-Oct	Taco Tuesday 3-Oct	4-Oct	5-Oct	1/2 day 6-Oct
Chicken Pot Pie	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstrick w/Dinner Roll	Hot Dog on Bun	Buffalo Chicken Pizza
Collard Greens	Black Bean & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	Celery Sticks w/Dipping Sauce
		Seasoned Corn	Vegetarian Beans	Sweet Potato Fries
Diced Pears	Orange Wedges	Fruit Punch	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
9-Oct	Taco Tuesday 10-Oct	11-Oct	12-Oct	1/2 day 13-Oct
Holiday	Chicken Taco w/Cheese, Lettuce & Tomatoes	Sloppy Joe on WG Bun	Crispy Chicken Sandwich w/Lettuce & Tomatoes	Pepperoni Pizza
	Black Bean & Corn Salsa	Seasoned Collard Greens	Crispy French Fries	Sweet Potato Tots
		Cole Slaw		Apple Sauce
	Orange Wedges	Fruit Cup	Banana	Skim or 1% Fat Milk
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	
16-Oct	Taco Tuesday 17-Oct	18-Oct	19-Oct	1/2 day 20-Oct
Chicken Nuggets	Beef Taco w/Cheese, Lettuce & Tomatoes	Grilled Cheese Sandwich	BBQ Beef Rib Sandwich	Cheese Pizza
Onion Rings	Rice & Beans	Tomato Soup	Seasoned Collard Greens	Celery Sticks w/Dipping Sauce
Cucumber & Tomato Cup		Seasoned Corn	Tater Tots	Sweet Potato Fries
Diced Pears	Orange Wedges	Apple Juice	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
23-Oct	Taco Tuesday 24-Oct	25-Oct	26-Oct	27-Oct
Spaghetti w/Meatballs	Chicken Taco w/Cheese, Lettuce, Tomatoes & Salsa	Breaded Cheese Sticks w/Marinara Sauce	Cheese Burger w/Lettuce & Tomatoes	Staff Development Day
Cucumber & Tomato Cup	Black Bean & Corn Salsa	Seasoned Carrots	Crispy French Fries	
Seasoned Broccoli			Banana	
Fruit Punch	Orange Wedges	Diced Pears	Skim or 1% Fat Milk	
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk		
30-Oct	Taco Tuesday 31-Oct	1-Nov	2-Nov	1/2 day 3-Nov
Chicken Pot Pie	Beef Taco w/Cheese, Lettuce & Tomatoes	Chicken Drumstrick w/Dinner Roll	Hot Dog on Bun	Cheese Pizza
Collard Greens	Black Bean & Corn Salsa	Parmesan Potatoes	Baby Carrots w/Dipping Sauce	Celery Sticks w/Dipping Sauce
		Seasoned Corn	Vegetarian Beans	Sweet Potato Fries
Diced Pears	Orange Wedges	Fruit Punch	Banana	Apple Sauce
Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk

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2023 Grade 6 - 8 October Lunch Menu

2-Oct	Taco Tuesday 3-Oct	4-Oct	5-Oct	6-Oct
Chicken Pot Pie Chef Salad w/Chicken Teriyaki & Biscuit Mashed Potatoes Collard Greens Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Chef Salad w/Crispy Chicken w/Dinner Roll Parmesan Potatoes Cucumber & Tomato Cup Fruit Punch Skim or 1% Fat Milk	Chili Cheese Dog Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Baby Carrots w/Dipping Sauce Vegetarian Beans Banana Skim or 1% Fat Milk	1/2 day Buffalo Chicken Pizza Coleslaw Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
9-Oct	Taco Tuesday 10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Rice & Beans Orange Skim or 1% Fat Milk	Sloppy Joe on WG Bun Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Collard Greens Vegetarian Beans Fruit Cup Skim or 1% Fat Milk	Crispy Chicken Sandwich w/Lettuce & Tomatoes Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Coleslaw Seasoned Broccoli Banana Skim or 1% Fat Milk	1/2 day Rancho Pizza Celery Sticks w/Dipping Sauce Sweet Potato Tots Apple Sauce Skim or 1% Fat Milk
16-Oct	Taco Tuesday 17-Oct	18-Oct	19-Oct	20-Oct
Chicken Nuggets w/Dinner Roll Chef Salad w/Teriyaki Beef Bites & Dinner Roll Onion Rings Cucumber & Tomato Cup Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Grilled Cheese Sandwich Chef Salad w/Crispy Chicken w/Dinner Roll Tomato Soup Lettuce & Tomato Cup Fruit Punch Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Chef Salad w/ Turkey Ham, Cheese & Pretzel Seasoned Collard Greens Tater Tots Banana Skim or 1% Fat Milk	1/2 day Cheese Pizza Celery Sticks w/Dipping Sauce Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk
23-Oct	Taco Tuesday 24-Oct	25-Oct	26-Oct	27-Oct
Spaghetti w/Meatballs Chef Salad w/Fajita Chicken Strips w/Biscuit Seasoned Broccoli Fruit Punch Skim or 1% Fat Milk	Chicken Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Black Bean & Corn Salsa Orange Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Chef Salad w/Chicken Nuggets Seasoned Carrots Cucumber & Tomato Cup Diced Pears Skim or 1% Fat Milk	Bacon Cheese Burger w/Lettuce & Tomatoes Chef Salad w/Turkey Ham, Cheese & WG Pretzel Crispy French Fries Vegetarian Beans Banana Skim or 1% Fat Milk	Staff Development Day
30-Oct	Taco Tuesday 31-Oct	1-Nov	2-Nov	3-Nov
Chicken Pot Pie Chef Salad w/Teriyaki Beef Bites w/Tortilla Rounds Mashed Potatoes Collard Greens Diced Pears Skim or 1% Fat Milk	Beef Taco w/Cheese, Lettuce & Tomatoes Chef Taco Salad w/Tortilla Rounds Lettuce & Tomato Cup Rice & Beans Orange Skim or 1% Fat Milk	Chicken Drumstick w/Dinner Roll Chef Salad w/Crispy Chicken w/Dinner Roll Parmesan Potatoes Cucumber & Tomato Cup Fruit Punch Skim or 1% Fat Milk	Hot Dog w/Pepper & Onions on Sub Roll Chef Salad w/ Turkey Ham, Cheese & Dinner Roll Baby Carrots w/Dipping Sauce Vegetarian Beans Banana Skim or 1% Fat Milk	1/2 day Buffalo Chicken Pizza Coleslaw Sweet Potato Fries Apple Sauce Skim or 1% Fat Milk

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2023 October Supper Menu

2-Oct	3-Oct	4-Oct	1/2 day 5-Oct	6-Oct
Cheese Pizza Baby Carrots w/Dipping Sauce Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Celery Sticks w/Dipping Sauce Fruit Punch Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Seasoned Collard Greens Apple Sauce Skim or 1% Fat Milk	Hamburger w/Lettuce & Tomatoes Sweet Potato Fries Pear Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce Crispy Fries Fresh Orange Skim or 1% Fat Milk
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
Holiday	Chicken Teriyaki w/ Fried Rice	Cheese Burger w/Lettuce & Tomatoes	Chicken Nuggets w/ WG Biscuit	Arroz Con Pollo
	Stir Fry Vegetables	Crispy Fries	Caesar Salad	Seasoned Collards
	Pineapple Cup	Orange	Fruit Cup	Fresh Apple
	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk	Skim or 1% Fat Milk
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
Cheese Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Hot Dog Vegetarian Beans Pineapple Cup Skim or 1% Fat Milk	Pasta w/Meatsauce Seasoned Broccoli Apple Sauce Skim or 1% Fat Milk	Cheese Burger w/Lettuce & Tomatoes Onion Rings Fruit Punch Skim or 1% Fat Milk	Chicken Drumstick w/ Dinner Roll Baby Carrots w/ Dressing Fresh Pear Skim or 1% Fat Milk
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
Pepperoni Pizza Crispy Fries Fresh Apple Skim or 1% Fat Milk	Chicken Nuggets w/ WG Biscuit Tater Tots Pineapple Cup Skim or 1% Fat Milk	Teriyaki Chicken w/Fried Rice Seasoned Broccoli Orange Skim or 1% Fat Milk	BBQ Chicken Sandwich Cesar Salad Fruit Punch Skim or 1% Fat Milk	Staff Development Day
30-Oct	31-Oct	1-Nov	1/2 day 2-Nov	3-Nov
Cheese Pizza Baby Carrots w/Dipping Sauce Fresh Apple Skim or 1% Fat Milk	Beef & Cheese Macaroni Casserole Celery Sticks w/Dipping Sauce Fruit Punch Skim or 1% Fat Milk	BBQ Beef Rib Sandwich Seasoned Collard Greens Apple Sauce Skim or 1% Fat Milk	Hamburger w/Lettuce & Tomatoes Sweet Potato Fries Pear Cup Skim or 1% Fat Milk	Breaded Cheese Sticks w/Marinara Sauce & Dinner Roll Crispy Fries Fresh Orange Skim or 1% Fat Milk

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