

What's on the Menu?

October Breakfast

Daily Breakfast Sides: String Cheese, Yogurt Cup, Assorted Fruit Juice, Assorted Fruit, White or Flavored Milk
****Students must take a minimum of ½ cup fruit with their breakfast entrée choice.****

		Wed.Oct.1	Thurs.Oct.2	Fri.Oct.3
		Cinnamon Pretzel Twist -OR- Cheerios Diced Peaches	Buttered Toast, Cheesy Egg Patty -OR- Cinnamon Pop-Tart Banana	Breakfast Burrito -OR- Golden Grahams Fruit Cocktail
Mon.Oct.6	Tues.Oct.7	Wed.Oct.8	Thurs.Oct.9	Fri.Oct.10
Mini Maple Pancakes -OR- Cinnamon Toast Crunch Apple Slices	Bacon Egg, & Cheese Breakfast Pocket -OR- Strawberry Pop-Tart Blueberries	Sausage & Cheese Biscuit -OR- Lucky Charms Orange Wedges	French Toast Sticks -OR- Blueberry Pop-Tart Banana	Apple Frudel -OR- Honey Cheerios Whole Apple
Mon.Oct.13	Tues.Oct.14	Wed.Oct.15	Thurs.Oct.16	Fri.Oct.17
Mini Maple Waffles -OR- Froot Loops Diced Strawberries	Sausage, Egg, & Cheese Breakfast Pizza Bagel -OR- Banana Muffin Diced Pears	Buttered Toast, Sausage Patty -OR- Lucky Charms Clementine	Chocolate Chip Muffin Top -OR- Apple Cinnamon Muffin Banana	Breakfast Corn Dog -OR- Cinnamon Chex Apple Slices
Mon.Oct.20	Tues.Oct.21	Wed.Oct.22	Thurs.Oct.23	Fri.Oct.24
Mini Confetti Pancakes -OR- Cinnamon Toast Crunch Whole Apple	Bacon Scramble Pizza -OR- Strawberry Pop-Tart Orange Wedges	Buttered Toast, Scrambled Eggs -OR- Lucky Charms Frozen Diced Peaches	Sausage & Cheese Biscuit -OR- Blueberry Pop-Tart Banana	French Toast Sticks -OR- Honey Cheerios Applesauce
Mon.Oct.27	Tues.Oct.28	Wed.Oct.29	Thurs.Oct.30	Fri.Oct.31
Mini Blueberry Waffles -OR- Froot Loops Pineapple	Biscuit & Sausage Gravy -OR- Banana Muffin Diced Strawberries	Breakfast Corn Dog -OR- Cocoa Puffs Apple Slices	Ham & Cheese English Muffin -OR- Apple Cinnamon Muffin Banana	No School



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What's on the Menu?

October Lunch

Daily Lunch Side Choices: Fresh Vegetables, Fruit, White or Flavored Milk
****Students must take a minimum of 1/2 cup fruit or vegetable with their entrée choice.****

October Fun Days

October 1: Vegetarian Day
 October 6: Noodle Day
 October 7: Taco Day
 October 16: Apple Crunch Day
 October 13-17: National School Lunch Week
 October 27: Potato Day

					Wed.Oct.1	Thurs.Oct.2	Fri.Oct.3
					Orange Chicken <i>Vegetable Fried Rice</i> -OR- Turkey & Cheese Lunch Kit <i>Celery Sticks</i> <i>Grapes</i>	Cheesy Pull Apart Bread <i>Seasoned Peas</i> -OR- Turkey & Cheese Lunch Kit <i>Baby Carrots</i> <i>Frozen Peach Cup</i>	Chicken Nuggets, Breadstick <i>Cheesy Broccoli</i> -OR- Turkey & Cheese Lunch Kit <i>Cucumber Slices</i> <i>Banana</i>
Mon.Oct.6	Tues.Oct.7	Wed.Oct.8	Thurs.Oct.9	Fri.Oct.10			
Rotini Pasta w/ Meat Sauce <i>Seasoned Green Beans</i> -OR- Cereal Fun Lunch <i>(Cinnamon Toast Crunch, Strawberry Yogurt, String Cheese, Pretzels)</i> <i>Garden Salad</i> <i>Diced Peas</i>	Beef Soft Tacos <i>Seasoned Corn</i> -OR- Cereal Fun Lunch <i>(Cinnamon Toast Crunch, Strawberry Yogurt, String Cheese, Pretzels)</i> <i>Celery Sticks</i> <i>Pineapple Tidbits</i>	Crispy Chicken Sandwich <i>Baked Beans</i> -OR- Cereal Fun Lunch <i>(Cinnamon Toast Crunch, Strawberry Yogurt, String Cheese, Pretzels)</i> <i>Baby Carrots</i> <i>Apple Slices</i>	Bosco Sticks <i>Seasoned Carrots</i> -OR- Cereal Fun Lunch <i>(Cinnamon Toast Crunch, Strawberry Yogurt, String Cheese, Pretzels)</i> <i>Broccoli Florets</i> <i>Diced Peaches</i>	Mini Corn Dogs <i>Cheesy Cauliflower</i> -OR- Cereal Fun Lunch <i>(Cinnamon Toast Crunch, Strawberry Yogurt, String Cheese, Pretzels)</i> <i>Cherry Tomatoes</i> <i>Mandarin Oranges</i>			
Mon.Oct.13	Tues.Oct.14	Wed.Oct.15	Thurs.Oct.16	Fri.Oct.17			
French Toast <i>Tater Tots</i> -OR- Pizza Fun Lunch <i>(Flatbread Rounds, Marinara Sauce, Shredded Mozzarella)</i> <i>Baby Carrots</i> <i>Orange Wedges</i>	Beef & Cheese Quesadilla <i>Refried Beans</i> -OR- Pizza Fun Lunch <i>(Flatbread Rounds, Marinara Sauce, Shredded Mozzarella)</i> <i>Bell Pepper Strips</i> <i>Grapes</i>	Popcorn Chicken, Dinner Roll <i>Mashed Potatoes & Gravy</i> -OR- Pizza Fun Lunch <i>(Flatbread Rounds, Marinara Sauce, Shredded Mozzarella)</i> <i>Cucumber Slices</i> <i>Applesauce</i>	Beef Hot Dog <i>Seasoned California Blend Veggies</i> -OR- Pizza Fun Lunch <i>(Flatbread Rounds, Marinara Sauce, Shredded Mozzarella)</i> <i>Cherry Tomatoes</i> <i>Whole Apples</i>	Cheese Stuffed Breadsticks <i>Seasoned Green Beans</i> -OR- Pizza Fun Lunch <i>(Flatbread Rounds, Marinara Sauce, Shredded Mozzarella)</i> <i>Celery Sticks</i> <i>Pineapple Tidbits</i>			
Mon.Oct.20	Tues.Oct.21	Wed.Oct.22	Thurs.Oct.23	Fri.Oct.24			
Chicken Tenders, Cornbread Poppers <i>Seasoned Broccoli</i> -OR- Muffin Fun Lunch <i>(Blueberry Muffin, Strawberry Yogurt, String Cheese, Goldfish)</i> <i>Snap Peas</i> <i>Diced Peaches</i>	Dorito Walking Taco <i>Seasoned Corn</i> -OR- Muffin Fun Lunch <i>(Blueberry Muffin, Strawberry Yogurt, String Cheese, Goldfish)</i> <i>Broccoli Florets</i> <i>Mixed Fruit Cocktail</i>	Alfredo Pasta, Garlic Breadstick <i>Seasoned Peas & Carrots</i> -OR- Muffin Fun Lunch <i>(Blueberry Muffin, Strawberry Yogurt, String Cheese, Goldfish)</i> <i>Tossed Garden Salad</i> <i>Orange Wedges</i>	Cheeseburger <i>Baked Beans</i> -OR- Muffin Fun Lunch <i>(Blueberry Muffin, Strawberry Yogurt, String Cheese, Goldfish)</i> <i>Cherry Tomatoes</i> <i>Mandarin Oranges</i>	Pepperoni Pizza <i>Seasoned Carrots</i> -OR- Muffin Fun Lunch <i>(Blueberry Muffin, Strawberry Yogurt, String Cheese, Goldfish)</i> <i>Cucumber Slices</i> <i>Blueberries</i>			
Mon.Oct.27	Tues.Oct.28	Wed.Oct.29	Thurs.Oct.30	Fri.Oct.31			
Macaroni & Cheese, Breadstick <i>Seasoned Green Beans</i> -OR- Ham & Cheese Lunch Kit <i>Baby Carrots</i> <i>Diced Peas</i>	Beef Nachos <i>Refried Beans</i> -OR- Ham & Cheese Lunch Kit <i>Celery Sticks</i> <i>Applesauce</i>	Bosco Sticks <i>Seasoned California Blend Veggies</i> -OR- Ham & Cheese Lunch Kit <i>Bell Pepper Strips</i> <i>Fruit Cocktail</i>	Chicken Nuggets, Dinner Roll <i>Cheesy Cauliflower</i> -OR- Ham & Cheese Lunch Kit <i>Cucumber Slices</i> <i>Clementine</i>	No School			



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