

# Elementary & K-8 Schools – October Menu 2022

<p>3</p> <p><b>BREAKFAST</b> Jimmy Dean® Pancake &amp; Turkey Sausage Stick Pillsbury® Mini Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Meatball &amp; Marinara Sub Cool Tropics® Tropical Slushie Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>4</p> <p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Santa Fe Beef Burrito Santa Fe Bean Black Burrito Southern Style Chicken Bites* Baked Tostitos Scoops* Seasoned Black Beans RedGold Salsa Cup Fresh Banana Assorted Low Fat Milk</p>	<p>5</p> <p><b>BREAKFAST</b> Uncrustables® Breakfast Pocket Yogurt w/ Grahams Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger 3 Bean Chili * Cornbread Bowl* Crispy Seasoned Tater Tots Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>6</p> <p><b>BREAKFAST</b> Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Hot Italian Sub Crisp Garden Side Salad w/ Ranch Cheesy Spinach Bake Strawberry Cup Assorted Low Fat Milk</p>	<p>7</p> <p><b>BREAKFAST</b> The Pancake Griddler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Mini Pizzaboli Bites Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Peas &amp; Carrots Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>
<p>10</p> <p><b>BREAKFAST</b> Jimmy Dean® Pancake &amp; Turkey Sausage Stick Pillsbury® Minis Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice BBQ Pork Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>11</p> <p><b>BREAKFAST</b> Sausage Biscuit Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Chicken Tinga Tacos Black Bean Tacos All American Hot dog Seasoned Black Beans Southwestern Corn Fresh Banana Assorted Low Fat Milk</p>	<p>12</p> <p><b>BREAKFAST</b> Uncrustables® Breakfast Pocket Yogurt w/ Grahams Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Popcorn Chicken w/ Maple Waffle Chicken &amp; Rotini Alfredo Munchable Fresh Cucumber Slices Seasoned Green Beans Fresh Red Grapes Assorted Low Fat Milk</p>	<p>13</p> <p><b>BREAKFAST</b> Chicken Biscuit Chocolate Chip Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Baked Fried Chicken Drumstick* Cornbread Muffin* Cheesy Spinach Bake Baby Carrots w/ Ranch Peach Cup Assorted Low Fat Milk</p>	<p>14</p> <p><b>BREAKFAST</b> The Pancake Griddler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Mini Cheesy Calzones w/ Marinara General Tso Chicken w/ Fried Rice and Fortune Cookie Herbed Cauliflower Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>
<p>17</p> <p><b>NON-STUDENT DAY</b></p>	<p>18</p> <p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Southern Style Chicken Bites* Buffalo Chicken Bites* Cheez its® Crackers* Cuban Sandwich Munchable Seasoned Black beans Fresh Cucumber Slices Fresh Banana Assorted Low Fat Milk</p>	<p>19</p> <p><b>BREAKFAST</b> Uncrustables® Breakfast Pocket Yogurt w/ Grahams Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Crispy Chicken Spicy Chicken Sandwich Pizza Sticks w/Marinara Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Assorted Low Fat Milk</p>	<p>20</p> <p><b>BREAKFAST</b> Chicken Biscuit Maple Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Macaroni &amp; Cheese Peas &amp; Carrots Crisp Garden Side Salad w/ Ranch Strawberry Cup Assorted Low Fat Milk</p>	<p>21</p> <p><b>BREAKFAST</b> The Pancake Griddler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Teriyaki Turkey Meatballs w/ Pineapple Bacon Fried Rice and Fortune Cookie Munchable Cheesy Garlic &amp; Herb Broccoli Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>

<p>24</p> <p><b>BREAKFAST</b> Jimmy Dean® Pancake &amp; Turkey Sausage Stick Pillsbury® Minis Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tuscan Rotini w/ Meatballs Seasoned Green Beans Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p>25</p> <p><b>BREAKFAST</b> Sausage Biscuit Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Popcorn Chicken Bowl* or BBQ Pulled Pork Bowl* w/Mashed Potatoes Cheez its® Crackers* Sweet Kernel Corn Cool Tropics® Berry Blue Slushie Fresh Banana Assorted Low Fat Milk</p>	<p>26</p> <p><b>BREAKFAST</b> Uncrustables® Breakfast Pocket Yogurt w/ Grahams Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Sloppy Joe Sandwich Chicken &amp; Rotini Alfredo Cheese Chef Salad Crispy Seasoned Tater Tots Fresh Cucumber Slices Fresh Red Grapes Assorted Low Fat Milk</p>	<p>27</p> <p><b>BREAKFAST</b> Chicken Biscuit Chocolate Chip Belgian Waffle Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Dry Rub Roasted Chicken* Cornbread Muffin* Garlic and Herb Broccoli Baby Carrots w/ Ranch Peach Cup Assorted Low Fat Milk</p>	<p>28</p> <p><b>BREAKFAST</b> The Pancake Griddler Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Sweet &amp; Sour Chicken w/ Yellow Rice and Fortune Cookie All American Hotdog Munchable BBQ Baked Beans Zucchini Dippers w/ Ranch Ocean Spray® Craisins Assorted Low Fat Milk</p>
<p>31</p> <p><b>BREAKFAST</b> Jimmy Dean® Pancake &amp; Turkey Sausage Stick Pillsbury Mini Cinnis Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Meatball &amp; Marinara Sub Cool Tropics® Tropical Slushie Baby Carrots w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>				

**Breakfast: Cereal can be served daily for breakfast along with the other menu choices.**

**A Munchable/Power Pack of Choice must be offered every day** - PBJ w/Crackers Munchable (FH-102), Yogurt Munchable (FH-104), Smoothie Munchable (FH-104a), Cereal w/ Graham Munchable (FH-118), Sliced Loaf Munchable (DH-175), Mini Loaf Munchable (FH-119a), Boiled Egg Munchable (FH-140b), PB Cup Munchable (FH-119a), Hummus Power Pack (PP-05), Cheese Pizza Power Pack (SM-7), NO-Nut Butter Cup Munchable (FH-119c), Tuna Salad Power Pack (PP-33), Chicken Salad Power Pack (PP-75), or Egg Salad Power Pack (PP-52).

Updated 09/13/22