

K-12 Café Menu



Monday, September 30

Breakfast

Frudel
Assorted muffins

Lunch

Pizza crunchers, with sauce
Sun chips
Garlic green beans
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, October 1

Breakfast

Cinnamon bun
Assorted cereal

Lunch

Chicken nuggets, dinner roll
Scalloped potatoes
Buttered corn
Seasonal fresh fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, October 2

Breakfast

Mini pancakes
Assorted muffins

Lunch

BBQ pulled pork hoagie
Cheddar cheese topping
French fries, honey carrots
Fruit cocktail

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, October 3

Breakfast

Ultimate Breakfast Round
Assorted cereal

Lunch

Individual cheese lasagna
Caesar salad with croutons
Garlic parmesan breadstick
Jell-O

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, October 4

Breakfast

Fruit pocket
Assorted muffins

Lunch

Assorted cold hoagies
Baked chips
Lettuce, tomato, pickles
School cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, October 7

Breakfast

Strawberry cream bagel
Assorted cereal

Lunch

Meatball Parmesan sub
Doritos
Steamed mixed vegetables
Fresh fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, October 8

Breakfast

Mini apple donut bites
Assorted muffins

Lunch

Generals Tso's chicken
Rice
Broccoli
Mandarin oranges

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, October 9

Breakfast

Scrambled eggs with cheese
Assorted cereal

Lunch

Oven grilled hot dog
Mac and cheese
Vegetarian baked beans
Sliced cinnamon apples

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, October 10

Breakfast

Dutch waffle
Assorted muffins

Lunch

Popcorn chicken bowl
Mashed potatoes, gravy
Buttered corn, cheese
Individual wrapped cookie

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, October 11

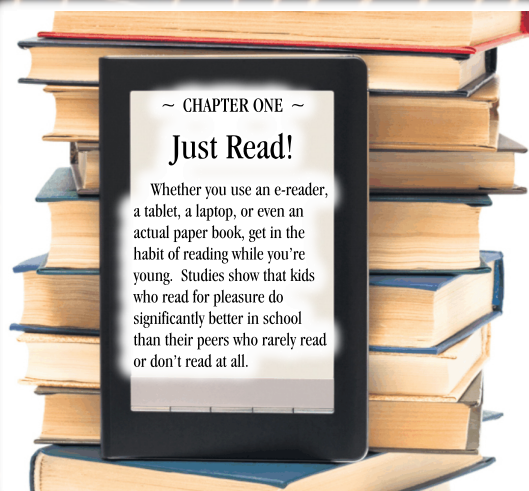
Breakfast

Breakfast pizza
Assorted cereal

Lunch

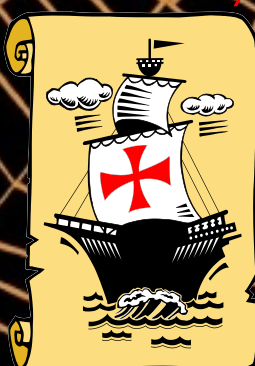
Mickeys pizza slice
Snack bag
Carrot sticks with ranch
Side kick fruit ice

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



"The Golden State"
Admitted to the Union September 9, 1850 as the 31st State
State Capital: Sacramento

Columbus Day



No School

Tuesday, October 15

Breakfast

Fruit filled Danish
Assorted cereal

Lunch

French toast sticks, syrup cup
Hash brown patty
Sausage patty
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, October 16

Breakfast

Mini breakfast sandwich
Assorted muffins

Lunch

Spaghetti w/wo meat sauce
Garlic parmesan breadstick
Tossed side salad w/ dressing
Ice cream cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, October 17

Breakfast

Cinnamon roll
Assorted cereal

Lunch

Spicy or home style chicken
Wheat bun, baked chips
Steamed peas
Applesauce

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, October 18

Breakfast

Mini waffles
Assorted muffins

Lunch

Stromboli with marinara
Dinner roll, cherry tomatoes
Romaine salad, dressing
Fruit roll up

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 21

Breakfast

Pancakes with syrup
Assorted cereal

Lunch

Grilled chicken filet
Wheat bun, honey mustard
Tater tots, steamed carrots
Pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, October 22

Breakfast

Breakfast wrap
Assorted muffins

Lunch

Turkey taco Tuesday
Seasoned rice, refried beans
Fiesta corn, salsa
Churro

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, October 23

Breakfast

Chocolate donut bites
Assorted cereal

Lunch

Ham and cheese croissant
Chicken corn noodle soup
Saltine cracker packs
Applesauce cups

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, October 24

Breakfast

Filled cereal bar
Assorted muffins

Lunch

Boneless chicken wings
Choice of dips, baked potato
Carrot and celery sticks
Side kick fruit ice

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, October 25

Breakfast

Muhl muffin
Assorted cereal

Lunch

Cheese steak hoagie w/ sauce
Baked chips
Grilled onions, peppers
Peach cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, October 28

Breakfast

Cherry frudel
Assorted muffins

Lunch

Cheeseburger on wheat roll
French fries
Lettuce, tomato, pickles
Strawberry fruit cups

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, October 29

Breakfast

Cheese omelet
Assorted cereal

Lunch

Chicken fajita on flour tortilla
Spanish rice
Grilled onions, peppers, salsa
Pineapples

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, October 30

Breakfast

Fruit, yogurt, granola
Assorted muffins

Lunch

Bosco cheese filled sticks
Marinara sauce
Side salad with dressing
Chef's choice fresh fruit

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, October 31

Breakfast

Breakfast calzone
Assorted cereal

Lunch

Baked chicken w/dinner roll
Buttered noodles
Steamed green beans
Pudding cup

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

OUR NATION'S HISTORY

October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

WITH LIBERTY & JUSTICE FOR ALL