Elementary Breakfast

**Fruit of the Month chosen by our students:**
WATERMELON!!

October Elementary Breakfast $1.75

This institution is an equal opportunity provider.

### School Breakfast

**What's Cooking?**

<table>
<thead>
<tr>
<th>Offered Daily</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal Chocolate Chip Bar</td>
<td>101/1 Mini Pancake</td>
<td>Scrambled Eggs, Turkey Bacon and Honey Biscuit</td>
<td>103 Bagel</td>
<td>104 Quiche</td>
<td>105 Eggs Maple Waffles</td>
</tr>
<tr>
<td>Marshmallow Mateys Cereal</td>
<td>Open Faced Taquito</td>
<td>Breakfast Veggie Wrap</td>
<td>Sunshine Burrito</td>
<td>Morning Rice Bowl w/ Roasted Veggies</td>
<td>Chili with Spinach &amp; Pita</td>
</tr>
<tr>
<td>Sunrise Breakfast Sandwich</td>
<td>108 Cheesy Breadstick</td>
<td>Pancake Chicken Sandwich</td>
<td>Egg, Cheese and Chorizo Burrito</td>
<td>107 Mini French Toast</td>
<td>1012 Pancake on a Stick</td>
</tr>
<tr>
<td>Oatmeal Chocolate Chip Bar</td>
<td>1015 &amp; 1029 Mini Pancake</td>
<td>Scrambled Eggs, Turkey Bacon and Honey Biscuit</td>
<td>1017 &amp; 1031 Bagel</td>
<td>1018 Quiche</td>
<td>1019 Eggs Maple Waffles</td>
</tr>
<tr>
<td>Honey Scooters Cereal</td>
<td>Open Faced Taquito</td>
<td>Breakfast Veggie Wrap</td>
<td>Sunshine Burrito</td>
<td>Morning Rice Bowl w/ Roasted Veggies</td>
<td>Chili w/ Spinach &amp; Pita</td>
</tr>
<tr>
<td>Mini Cinnias</td>
<td>1022 Cheesy Breadstick</td>
<td>Pancake Chicken Sandwich</td>
<td>Egg, Cheese and Chorizo Burrito</td>
<td>1025 Mini French Toast</td>
<td>1026 Pancake on a Stick</td>
</tr>
</tbody>
</table>

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**What Makes A Breakfast?**

Breakfast is based on 3 choices (fruit, grain, and milk) daily.

Students must choose a fruit with their breakfast.

- Vegan
- Vegetarian
- Contains Pork

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Daily Fresh Fruit Options May Include:

- Apple Juice, Orange Juice, Organic Apples, Canned Pears, Organic Oranges Slices, Kiwi, Raisins, Canned Peaches, Organic Pears, Banana, and Applesauce Cup

1% Milk or Nonfat Chocolate Milk

**Menu subject to change without notice**
October Elementary Lunch $2.75

Fruit of the Month chosen by our students: WATERMELON!!

This institution is an equal opportunity provider.

What Makes A Lunch?
Lunch is based on 3-5 choices (fruit, vegetable, grain, protein, and milk) daily.
Students must choose a fruit or vegetable with their lunch.

### Offered Daily

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10/1 &amp; 10/29 Bean &amp; Cheese Burrito</td>
<td>10/2 &amp; 10/30 Gluten Free Chicken Fajita Wrap</td>
<td>10/3 &amp; 10/31 All American Cheeseburger</td>
<td>10/4 Macaroni &amp; Cheese</td>
<td>10/6 Chicken Hot Dog</td>
</tr>
<tr>
<td></td>
<td>10/8 Sourdough Grilled Cheese</td>
<td>Riced Cauliflower w/ Pita</td>
<td>Riced Cauliflower w/ Pita</td>
<td>Italian Style Eggplant w/Pasta</td>
<td>Taco Salad</td>
</tr>
<tr>
<td></td>
<td>Loco Burrito</td>
<td>Veggie Rice Bowl</td>
<td>Asian Quinoa Salad</td>
<td>Italian Rotini Bowl</td>
<td>Honey Wrap</td>
</tr>
<tr>
<td></td>
<td>10/15 Macaroni &amp; Cheese</td>
<td>10/16 Mandarin Orange Chicken w/ Brown Rice</td>
<td>10/17 Turkey &amp; Cheese Sub Sandwich w/ Sun Chips</td>
<td>10/18 Cheeseburger Sliders</td>
<td>10/19 Mini Chicken Tacos</td>
</tr>
<tr>
<td></td>
<td>Loco Burrito</td>
<td>Veggie Rice Bowl</td>
<td>Riced Cauliflower w/ Pita</td>
<td>Succotash w/ Brown Rice</td>
<td>Fajita Wrap</td>
</tr>
<tr>
<td></td>
<td>10/22 Mozzarella Crunchers</td>
<td>10/23 Szechuan Chicken w/ Brown Rice and Fortune Cookie</td>
<td>10/24 Chicken Corn Dog</td>
<td>10/25 Homemad Bolognese Pasta</td>
<td>10/26 Make Your Own Nachos</td>
</tr>
<tr>
<td></td>
<td>Hummus Wrap</td>
<td>Asian Quinoa Salad</td>
<td>Veggie Rice Bowl</td>
<td>Italian Rotini Bowl</td>
<td>Loco Burrito</td>
</tr>
</tbody>
</table>

**Vegan** – **Vegetarian** – **Contains Pork**

Majority of our chicken products have no artificial ingredients & no antibiotics ever!

Daily Fresh Fruit and Vegetable Options May Include:
- Apple Juice, Orange Juice, Organic Apples, Canned Pears, Organic Oranges Slices, Kiwi, Raisins, canned peaches, organic pears, banana, and apple sauce
- Organic Baby Carrots, Cooked Yellow Corn, Veggie Beans, Baked Potato Rounds, Broccoli Florets, Celery Sticks, Jicama Sticks, and Salad Greens
- 1% Milk or Nonfat Chocolate Milk

**Menu subject to change without notice**
Taco Salad
Riced Cauliflower w/ Whole Grain Pita
## High School Breakfast Menu

### Always Evolving

#### High School Breakfast Menu

**Offered Daily:**
- Assorted Bagels
- Oatmeal Chocolate Chip Bar
- Banana Choco Chunk Bar
- Warm Cinnamon Roll
- Zesty Bosco Pizza Stick

**Week 1:**
- Capo Muffin Sandwich
- Yogurt Parfait
- Breakfast Burrito
- Spicy Breakfast Burrito

**Daily Side Items:**
- Spicy Quesadilla
- Western Breakfast Bowl
- Yogurt Parfait
- Country Bagel

- Milk:
  - 1% Milk
  - Nonfat Chocolate Milk

- Fruits:
  - Crisp Fresh Apple
  - Fresh Juicy Orange
  - Apple Juice
  - Raisins
  - Kiwi Fruit
  - Banana

- Vegetarian: 
- Item Contains Pork

**Work In Progress**

## Middle School Breakfast Menu

#### Middle School Breakfast Menu

**Offered Daily:**
- Assorted Bagel w/ Cream Cheese
- Oatmeal Chocolate Chip Bar
- Banana Choco Chunk Bar
- Warm Cinnamon Roll
- Zesty Bosco Pizza Stick

**Week 1:**
- French Toast Stick
- Apple Cinnamon Stick
- Yogurt Parfait
- Oven Roasted Turkey Croissant

**Daily Side Items:**
- Country Chicken Sandwich
- Apple Cinnamon Stick
- Yogurt Parfait
- Bacon & Cheese Croissant

- Milk:
  - 1% Milk
  - Nonfat Chocolate Milk

- Fruits:
  - Organic Apple
  - Organic Orange
  - Orange Juice
  - Raisins
  - Kiwi Fruit
  - Banana

- Vegetarian:
- Contains Pork

**Menu subject to change without notice**

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*Work In Progress*
### Middle School Lunch Menu

**New Ideas**

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Macaroni and Cheese with Original Sun Chips</td>
<td>Mango Chicken</td>
<td>Vegetable Fried Rice</td>
<td>Pulled Pork Nachos</td>
<td>Sicilian Stuffed Crust Pizza</td>
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<td></td>
<td></td>
<td>Sicilian Stuffed Crust Pizza</td>
</tr>
<tr>
<td>II</td>
<td>Cheese Quesadilla with Garden Salsa Sun Chips</td>
<td>Cheese Quesadilla with Garden Salsa Sun Chips</td>
<td>Gluten Free Teriyaki Chicken with Vegetable Fries</td>
<td>Sicilian Stuffed Crust Pizza</td>
<td>BBQ Bacon Cheeseburger</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td>Sicilian Stuffed Crust Pizza</td>
</tr>
<tr>
<td>III</td>
<td>Asian Wrap</td>
<td>Enchilada Bowl</td>
<td>Sicilian Stuffed Crust Pizza</td>
<td>Pulled Pork Nachos</td>
<td>Sicilian Stuffed Crust Pizza</td>
</tr>
</tbody>
</table>

**Offered Daily:**

- Loco Burrito
- Bacon Cheeseburger
- Cheese Pizza
- Pepperoni Pizza
- Spicy Chicken Sandwich w/chips
- Asian Chicken Salad w/noodles
- Peanut Butter Uncrustables
- Fresh Turkey Hoagie w/chips

**Fruits:**
- Apples
- Oranges
- Banana
- Pear
- Kiwi
- Raisins
- Side Salad
- Baby Carrots
- Celery w/Peanut Butter
- Garlic Fries—Wednesday only
- 1% Milk and Nonfat Chocolate Milk

**What Makes A Lunch?**

Lunch is based on 3-5 choices (fruit, vegetable, grain, protein, and milk) daily. Students must choose a fruit or vegetable with their lunch.

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### High School Lunch Menu

**Student Input**

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Asian Pizza</td>
<td>Mango Chicken</td>
<td>Spicy Nuggets with Corn Bread</td>
<td>Pasta with Meatballs</td>
<td>Bean and Cheese Biscuit</td>
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<tr>
<td>II</td>
<td>Chicken Parmesan Hoagie</td>
<td>Asian Beef Rice Ball</td>
<td>Philly Beef Hoagie</td>
<td>Italian Pizza</td>
<td>Meatless Meatlovers Pizza</td>
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</tr>
<tr>
<td>III</td>
<td>Stuffed Meat Stromboli</td>
<td>Chicken BBQ Hoagie</td>
<td>Asian Pizza</td>
<td>Pulled Chicken Torta</td>
<td>Asian Wrap</td>
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<tr>
<td>IV</td>
<td>Greek Wrap with Sun Chips</td>
<td>Chicken Salad Sandwich</td>
<td>Buffalo Chicken Pizza</td>
<td>Hot Meatball Hoagie</td>
<td>Taco Salad</td>
</tr>
</tbody>
</table>

**Offered Daily:**

- Loco Burrito
- Bacon Cheeseburger
- Cheese Pizza
- Pepperoni Pizza
- Spicy Chicken Sandwich w/chips
- Asian Chicken Salad w/noodles
- Peanut Butter Uncrustables
- Fresh Turkey Hoagie w/chips

**Fruits:**
- Apples
- Oranges
- Banana
- Pear
- Kiwi
- Raisins

**What Makes A Lunch?**

Lunch is based on 3-5 choices (fruit, vegetable, grain, protein, and milk) daily. Students must choose a fruit or vegetable with their lunch.
When a student reaches out to you and asks you to make HER school organic…

…You start slow at ALL schools with the most popular fresh produce.
JUST Water

When a student asks you to eliminate plastic water bottles from schools...

...You work with the student to make it happen at ALL schools.
Compostable Packaging

When a group of students ask you to move to compostable packaging…
…You find items that work in your program and go out to bid to procure them…in progress 😊