

OCTOBER LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Zac Omega Strawberry Bar 1 • Buffalo Chicken Crunchadilla • (V) Spaghetti Marinara with Mozzarella • Mighty Meaty Deli Combo Sandwich • (DF) Sesame Chicken Wrap o Baby Carrots 	<ul style="list-style-type: none"> • Cinnamon Crumble 2 • (V) Bean & Cheese Pupusa • (DF) Oven Roasted Chicken Sandwich • Turkey & Cheddar Sandwich • Chicken Caesar Wrap o Coleslaw 	<ul style="list-style-type: none"> • Zee Zees Berry Apple Crisp Bar & Orange Juice 3 • (V) Breakfast for Lunch: Pancakes/Omelet • Garden Ranch Salad with Chicken Breast • (V) Cheddar Cheese Sandwich o Lettuce & Tomato with Ranch 	<ul style="list-style-type: none"> • (DF) Citrus Drumstick with Rice 4 • (V) Cheesy Ravioli • ((V) Sunny Sandwich Kit (sunbutter & jelly) • Honey Mustard Chicken Wrap o Steamed Corn 	<ul style="list-style-type: none"> • Zac Omega Strawberry Bar 5
<ul style="list-style-type: none"> • Multigrain Cheerios and Zac Attack Strawberry Bar 8 • (V) Creamy Pasta Alfredo • Turkey & Cheddar Sandwich o Green Peas 	<ul style="list-style-type: none"> • Lemon Muffin 9 • (V) Fiesta Scoops with Three Layer Dip • (DF) Chicken Salad Sandwich o Baby Carrots with Ranch 	<ul style="list-style-type: none"> • Cinnamon Crumble 10 • Pepperjack Cheeseburger • (V) Cheddar Cheese Sandwich o Broccoli & Carrot Salad 	<ul style="list-style-type: none"> • Yogurt and Granola with Orange Juice 11 • (DF) Chicken Potstickers • Mighty Meaty Deli Combo Sandwich o Grape Tomatoes & Pinto Beans 	<ul style="list-style-type: none"> • Zac Omega Strawberry Bar 12 • Mac & Cheese & BBQ Chicken • (V) Sunny Sandwich Kit (sunbutter & jelly) o Chilled, Seasoned Green Beans
<ul style="list-style-type: none"> • Cinnamon Grahams and String Cheese 15 • (V) Cheesy Ravioli • Turkey & Cheddar Sandwich o Seasoned Garbanzo Beans & Baby Carrots 	<ul style="list-style-type: none"> • Wholegrain Cheerios and Mini Dipperdoodle Bar 16 • (DF) Crispy Chicken Sandwich • (V) Cheddar Cheese Sandwich o Steamed Sliced Carrots 	<ul style="list-style-type: none"> • Cinnamon Crumble and Orange Juice 17 • (V) Bfast for Lunch: Pancakes with Omelet • (DF) Chicken Salad Sandwich o Coleslaw 	<ul style="list-style-type: none"> • (DF) Citrus Drumstick with Rice 18 	<ul style="list-style-type: none"> • Zac Omega Strawberry Bar 19
<ul style="list-style-type: none"> • Cinnamon Crumble 22 	<ul style="list-style-type: none"> • Cinnamon Crumble 23 • (V) Green Chile & Cheese Tamale • (V) Taco Dippers Kit o Cucumber & Tomato Salad 	<ul style="list-style-type: none"> • Bagel with Cream Cheese 24 • Bfast for Lunch: Pancakes with Sausage • Ham & Cheddar Sandwich o Edamame & Broccoli Florets 	<ul style="list-style-type: none"> • Apple Crisp Cereal and Orange Juice 25 • (V) Mac & Cheese & Chicken Bites • (V) Hummus Dippers o Glazed Sliced Carrots 	<ul style="list-style-type: none"> • Lemon Muffin 26 • Beef Cheeseburger • Chicken Caesar Salad o Chopped Lettuce & Sliced Tomatoes with Ranch
<ul style="list-style-type: none"> • Wholegrain Cheerios and Mini Dipperdoodle Bar 29 • Creamy Chicken Alfredo • Turkey & Cheddar Sandwich o Steamed corn 	<ul style="list-style-type: none"> • Yogurt and Granola 30 • Cheesy Chicken Quesadilla • (DF) Egg Salad Sandwich o Sliced Cucumber with Ranch 	<ul style="list-style-type: none"> • Zee Zees Berry Apple Crisps Bar and Orange Juice 31 • (DF) Hot Dog • Mighty Meaty Deli Combo Sandwich o Baby Carrots & Edamame 		

CELEBRATE NATIONAL SCHOOL LUNCH WEEK!

October 15-19 is National School Lunch Week – what do **you** love most about school lunch? Is it trying new food? Getting to share a meal with friends?



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

o **Vegetable** of the day