

Week 1	28	29	30	1	2
Breakfast				Pumpkin Spice Muffins National Pumpkin Spice Day!	Homemade Fluffy Pancakes, Fresh Fruit
Lunch				Cheezy Chicken and Broccoli Pasta, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>				<i>Cheezy Broccoli Pasta, Beans, Milk/Water</i>	
Snack PM				Homemade Ginger Spice Cake	Chef's Choice
Week 2	5	6	7	8	9
Breakfast	Whole Grain Cereal, Fresh Fruit	Whole Grain Cheezy Toast, Fresh Fruit	Homemade Zoo Animal Waffles, Fresh Fruit	Scrambled Eggs, Fresh Fruit	Homemade Blueberry Muffins
Lunch	Protein Mac 'N' Cheese, Beans, Seasonal Veggies, Milk/Water	Baked Lemon Rosemary Chicken, Whole Grain Brown Rice, Seasonal Veggies, Milk/Water	Whole Grain Protein Grilled Cheese, Beans, Seasonal Veggies, Milk/Water	Chicken 'N' Pasta Casserole Bowl, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Lemon Rosemary Veggies, Whole Grain Brown Rice, Beans, Milk/Water</i>		<i>Baked Pasta Casserole Bowl, Seasonal Veggies, Beans, Milk/Water</i>	
Snack PM	Fresh Apples, Crackers National Apple Betty Day!	White Bean Chocolate Chip Cake	Cheese Cubes, Crackers	White Bean Angel Food Cake National Angel Food Cake Day! (10th)	Chef's Choice
Week 3	12	13	14	15	16
Breakfast		Yogurt Bowl, Fresh Fruit	Homemade Banana Muffins	Homemade Fluffy Pancakes, Fresh Fruit	Cinnamon Brown Sugar Oatmeal, Fresh Fruit
Lunch	CLOSED Columbus Day!	Oven Roasted Honey Glazed Chicken, Whole Grain Brown Rice, Seasonal Veggies, Milk/Water	Oven Baked Cheezy Ziti, Seasonal Veggies, Beans, Milk/Water National Pasta Day! (17th)	Baked Chicken Parmesan, Pasta, Oven Baked Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Savory Roasted Honey Glazed Veggies, Beans, Whole Grain Brown Rice, Milk/Water</i>		<i>Baked Parmesan Pasta, Oven Baked Veggies, Beans, Milk/Water</i>	
Snack PM		Sweet Potato Cake	Fresh Fruit, Crackers	Homemade Lemon Bars National Lemon Bar Day!	Chef's Choice
Week 4	19	20	21	22	23
Breakfast	Whole Grain Cereal, Fresh Fruit	Homemade Apple Spice Oatmeal	Whole Grain Cheezy Toast, Fresh Fruit	Yogurt Bowl, Fresh Fruit	Homemade Oatmeal, Fresh Fruit
Lunch	Farmer's Market Veggie Mix, Pasta, Cannellini Beans, Milk/Water	Baked Chicken, Whole Grain Brown Rice, Seasonal Veggies, Milk/Water	Baked Veggie Bolognese Pasta, Beans, Milk/Water National Bolognese Day!	Baked Loaded Veggie Pasta, Beans, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Oven Baked Veggies, Beans, Whole Grain Brown Rice, Milk/Water</i>			
Snack PM	Fresh Fruit, Crackers	KRK Trail Mix	Cheese Cubes, Crackers	Hummingbird Cake	Chef's Choice
Week 5	26	27	28	29	30
Breakfast	Whole Grain Cereal, Fresh Fruit	Scrambled Eggs, Fresh Fruit	Homemade Apple Crumb Muffins	Whole Grain Jelly Toast, Fresh Fruit	Homemade Halloween Pumpkin Flap "Jacks"
Lunch	Whole Grain Protein Grilled Cheese, Beans, Seasonal Veggies, Milk/Water	Baked Rosemary Chicken, Whole Grain Brown Rice, Seasonal Veggies, Milk/Water	Protein Tex Mex Cheese Quesadillas, Beans, Roasted Veggies, Milk/Water	Chicken Fajita Bowl, Pasta, Seasonal Veggies, Milk/Water	Protein Cheezy Pizza, Beans, Seasonal Veggies, Milk/Water
<i>Vegetarian</i>		<i>Baked Rosemary Veggies, Whole Grain Brown Rice, Beans, Milk/Water</i>		<i>Baked Fajita Veggie Pasta Bowl, Beans, Milk/Water</i>	
Snack PM	Cheese Cubes, Crackers	Spooky Ghostly Black Bean Halloween Cake	Fresh Fruit, Crackers	Halloween Classroom Parties!	Chef's Choice

- Substitutions may be made if products are unavailable
- Milk is served at lunch daily, water is available throughout the day
- Fruits are cut fresh and include a variety of seasonal fruits
- Breads, oats, rice, and cereal are 100% whole grain
- Secondary selections may be offered as chef's choice, based on availability, for children who are not eating the planned menu item
- Please notify the school of any food allergies or dietary restrictions