

2024 OCTOBER B.I.C. 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Boyd Casey Henry Kelley Kordyak Morgan Myers Simpson Trapp	1 Pop-Tarts Grapes	2 Maple Pancake & Chicken Sausage Sandwich Apple Strawberry Crisps	3 Double Chocolate Chip Bar Sliced Apples	4 Pink Concha Orange Juice
7 Oatmeal Chocolate Chip Bar Craisins	8 Fresh Baked Cinnamon Roll Grapes	9 Ultimate Breakfast Round Bananas	10 Mini Confetti Pancakes Sliced Apples	11 White Concha Apple Juice
14 French Toast Bar Craisins	15 Egg & Cheese Breakfast Sandwich Grapes	16 Super Donut Apple-Strawberry Crisps	17 Fun N Fruiti Waffles Sliced Apples	18 Chunky Monkey Bar Orange Juice
21 Chocolate Muffin Craisins	22 Mini Cinnis Grapes	23 Breakfast Cluster Bananas	24 Marshmallow Matey's Sliced Apples	25 Homemade Banana Bread Apple Juice
28 Breakfast Burrito Craisins	29 Pop-Tarts Grapes	30 Maple Pancake & Chicken Sausage Sandwich Apple Strawberry Crisps	31 Double Chocolate Chip Bar Sliced Apples	

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day. © 2024 Simply Good Food, LLC • menufreedom.com

October Lunch Menu:

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a 1/2 cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Pork Turkey Chicken Vegetarian Fish	1 Popcorn Chicken & Cheez Itz Yogurt & Graham Crackers Seasoned Black Beans Romaine Salad Bananas Ranch Dressing Catsup	2 Turkey Combo Burritos Yogurt & Graham Crackers Romaine Salad Sliced Cucumbers Grapes Sandwich Spread Ranch Dressing	3 Green Chicken Pozole w/Tortilla Chips Yogurt & Graham Crackers Shredded Cabbage Lemon Slices Jicama Sticks Mixed Fruit	4 Mac & Cheese w/Roll Yogurt & Graham Crackers Romaine Salad Carrot Sticks Apples Pears Ranch Dressing
7 New Creamy Curry Chicken w/Rice Yogurt & Graham Crackers Romaine Salad Apples Strawberries Ranch Dressing	8 Italian Pasta Bake w/Breadstick Yogurt & Graham Crackers Romaine Salad Grape Tomatoes Bananas Ranch Dressing Catsup	9 Chicken Tenders & Cheez Itz Yogurt & Graham Crackers Romaine Salad BBQ Beans Celery Sticks Grapes Ranch Dressing	10 Turkey and Cheese Grinders Yogurt & Graham Crackers Romaine Salad Mixed Fruit Blueberries Jicama Sticks Ranch Dressing Salsa	11 3-Bean Deluxe Nachos w/Cheese Yogurt & Graham Crackers Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa
14 Shark Bait Fish Sticks Yogurt & Graham Crackers Romaine Salad French Fries Apples Ranch Dressing Catsup	15 Fiery Cannon Balls! Cheesy Beef Meatballs w/Marinara Yogurt & Graham Crackers Seasoned Pinto Beans Romaine Salad Sliced Cucumbers Bananas Ranch Dressing	16 Wild Sea Lion Chicken Corn Dogs Yogurt & Graham Crackers Romaine Salad Green Beans Grapes Applesauce Ranch Dressing Catsup Mustard	17 Blackbeard's Pirate Crew: Cheeseburger Buddies Yogurt & Graham Crackers Romaine Salad Jicama Orange Slices Cool Tropics Ranch Dressing Catsup Mustard	18 Davy Jones' Creamy Alfredo Penne & Wooden Plank Breadsticks Yogurt & Graham Crackers Romaine Salad Broccoli Apples Pineapple Ranch Dressing
21 Walking Beef Tacos w/Cheese Yogurt & Graham Crackers Shredded Lettuce Grape Tomatoes Apples Salsa Ranch Dressing	22 Orange Chicken w/Chow Mein Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Bananas Pears Ranch Dressing	23 Beef Lasagna w/Roll Yogurt & Graham Crackers Romaine Salad Green Beans Pears Grapes Ranch Dressing	24 Domino's Pepperoni Pizza Yogurt & Graham Crackers Chocolate Cake, Frosted w/Sprinkles Romaine Salad Jicama Sticks Strawberries Ranch Dressing	25 Cheesy Quesadillas Yogurt & Graham Crackers Seasoned Pinto Beans Romaine Salad Carrot Sticks Apples Ranch Dressing Salsa
28 Teriyaki Beef Dippers w/Rice Yogurt & Graham Crackers Romaine Salad Fresh Broccoli Apples Peaches Ranch Dressing	29 Chicken Sandwich Yogurt & Graham Crackers Seasoned Black Beans Romaine Salad Bananas Ranch Dressing Catsup	30 Green Chicken Enchilada Casserole Yogurt & Graham Crackers Romaine Salad Sliced Cucumbers Grapes Pears Sandwich Spread Ranch Dressing	31 Red (Turkey) Pozole w/Tortilla Chips Yogurt & Graham Crackers Shredded Cabbage Lemon Slices Jicama Sticks Mixed Fruit	National School Lunch Week: October 14 - 18

Menu subject to change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.