

Lunch Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Yogurt, String Cheese & Bagel Box and Sunbutter & Jelly Sandwich meals are available daily.</p> | | | | <p>1 Spicy Chicken Sandwich Cheese Pizza Baked Sidewinders Fresh Grape Tomatoes Assorted Fruit Milk</p> |
| <p>4 Breaded Mozzarella Cheese Sticks w/wo Dipping Sauce Halal Chicken Tenders Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk</p> | <p>5 Breaded Baked Chicken Sandwich Halal Hot Dog Smoothie Meal Mashed Potatoes w/wo Gravy Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>6 Popcorn Chicken BBQ Pulled Pork Sandwich Smoothie Meal Baked Beans Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>7 Chicken Fajita Rice Bowl Grilled Cheese Sandwich Baked Plantains Fresh Celery Sticks Taco Sauce, Sour cream, Jalapeño slices Assorted Fruit Milk</p> | <p>8 Cheese Pizza Spicy Chicken Sandwich Steamed Sunshine Carrots Fresh Cucumber Slices Assorted Fruit Milk</p> |
| <p>11 No School</p> | <p>12 ASIAN CUISINE DAY Honey Sriracha Chicken Bites w/wo Brown Rice Chicken Sandwich Smoothie Meal Steamed Broccoli Fresh Grape Tomatoes Assorted Fruit Milk</p> | <p>13 SOUTH ASIAN CUISINE DAY Halal Hot Dog Chana Masala w/ Brown Rice Chicken Breast Tenders Steamed Green Beans Fresh Baby Carrots Assorted Fruit Milk</p> | <p>14 LATIN AMERICAN CUISINE DAY Fiesta Bean Taco Beef Taco Cheese Quesadilla Taco sauce, sour cream, jalapenos slices Baked Beans Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>15 AMERICAN CUISINE DAY Hamburger/Cheeseburger w/ Bun Chicken Breast Tenders Smoothie Meal Baked Sidewinders Fresh Cucumber Slices Assorted Fruit Milk</p> |

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| <p>18 Cheese Pizza Halal Hot Dog Steamed Corn Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>19 Macaroni & Cheese w/wo Roll Mini Corn Dogs Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk</p> | <p>20 Beef Fajita Rice Bowl Grilled Cheese Sandwich Vegetable Blend Fresh Celery Sticks Assorted Fruit Milk</p> | <p>21 Halal Chicken Tenders Hamburger/Cheeseburger on Bun Smoothie Meal Shredded Romaine & Tomato Cup Baked Beans Assorted Fruit Milk</p> <p>Taste it Thursday: Cranberries</p> | <p>22 Spicy Chicken Sandwich Cheese Pizza Baked Sidewinders Fresh Grape Tomatoes Assorted Fruit Milk</p> <p>Fear Factor Friday: Cranberries</p> |
| <p>25 Breaded Mozzarella Cheese Sticks w/wo Dipping Sauce Halal Chicken Tenders Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk</p> | <p>26 Breaded Baked Chicken Sandwich Halal Hot Dog Smoothie Meal Mashed Potatoes w/wo Gravy Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>27 Popcorn Chicken Chana Masala w/ Brown Rice Steamed Green Beans Fresh Grape Tomatoes Assorted Fruit Milk</p> | <p>28 Chicken Fajita Rice Bowl Grilled Cheese Sandwich Baked Beans Fresh Celery Sticks Assorted Fruit Milk</p> <p>**Halloween Treat – Sidekick **</p> | <p>29</p> <p>Student Holiday</p> |

Breakfast Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Cereal Variety, Cereal Bar Variety and Cinnamon Roll meals are available daily.</p> | | | | <p>1 Cinnamon Roll w/String Cheese BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> |
| <p>4 Mini Maple Pancakes Cereal Variety 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>5 Breakfast Chicken Sandwich BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>6 Cheese Bosco Stick OR Pepperoni Bosco Stick w/wo Dipping Sauce Cereal Variety 100% Juice Variety Potato Coins Assorted Fruit Milk</p> | <p>7 Dutch Waffle w/wo Sausage Patty BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>8 Sausage Biscuit BarFresh Smoothie w/wo Grahams 100% Juice Variety Potato Coins Assorted Fruit Milk</p> |
| <p>11 Cheese Bosco Stick OR Pepperoni Bosco Stick w/wo Dipping Sauce BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>12 Sausage Biscuit Cereal Variety Potato Coins 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>13 Breakfast Poppers BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>14 Chicken Sandwich Cereal Variety 100% Juice Variety Potato Coins Assorted Fruit Milk</p> | <p>15 Cinnamon Roll w/String Cheese BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> |
| <p>18 Mini Maple Pancakes Cereal Variety 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>19 Breakfast Chicken Sandwich BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>20 Cheese Bosco Stick OR Pepperoni Bosco Stick w/wo Dipping Sauce Cereal Variety 100% Juice Variety Potato Coins Assorted Fruit Milk</p> | <p>21 Dutch Waffle w/wo Sausage Patty BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>22 Sausage Biscuit BarFresh Smoothie w/wo Grahams 100% Juice Variety Potato Coins Assorted Fruit Milk</p> |

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| <p>25 Cheese Bosco Stick OR Pepperoni Bosco Stick w/wo Dipping Sauce BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>26 Sausage Biscuit BarFresh Smoothie w/wo Grahams Potato Coins 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>27 Breakfast Poppers BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>28 Chicken Sandwich BarFresh Smoothie w/wo Grahams 100% Juice Variety Fresh Assorted Vegetables Assorted Fruit Milk</p> | <p>29</p> <p style="text-align: center;">Student Holiday</p> |
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Gluten Free Lunch Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 GF Veggie Hummus Meal Kit Smoothie Variety Baked Sidewinders Fresh Grape Tomatoes Assorted Fruit Milk |
| 4 Halal Chicken Tenders Vegetarian Salad w/Cheese & Tortilla Rounds Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk | 5 GF Chicken Caesar Salad w/ Tortilla Rounds Smoothie Variety Mashed Potatoes Shredded Romaine & Tomato Cup Assorted Fruit Milk | 6 GF Pulled Pork Nachos GF Yogurt Parfait with Fruit Baked Beans Shredded Romaine & Tomato Cup Assorted Fruit Milk | 7 Chicken Fajita Rice Bowl Smoothie Variety Baked Plantains Fresh Baby Carrots Taco Sauce, Sour cream, Jalapeño slices Assorted Fruit Milk | 8 GF Veggie Hummus Meal Kit Halal Chicken Tenders Steamed Sunshine Carrots Fresh Cucumber Slices Assorted Fruit Milk |
| 11 | 12 Halal Chicken Tenders w/ Honey Sriracha Dipping Sauce w/wo Brown Rice Smoothie Variety Steamed Broccoli Fresh Cucumber Slices Assorted Fruit Milk | 13 Chana Masala w/ Brown Rice Halal Chicken Tenders Steamed Green Beans Fresh Baby Carrots Assorted Fruit Milk | 14 Beef Nacho Grande Fiesta Bean Nacho Grande GF Yogurt Parfait with Fruit Taco sauce, sour cream, jalapenos slices Baked Beans Shredded Romaine & Tomato Cup Assorted Fruit Milk | 15 Hamburger & Cheeseburger w/o Bun Smoothie Variety Baked Sidewinders Fresh Baby Carrots Assorted Fruit Milk |

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| <p>18 Vegetarian Salad w/Cheese & Tortilla Rounds Smoothie Variety Steamed Corn Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>19 GF Veggie Hummus Meal Kit Halal Chicken Tenders Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk</p> | <p>20 Beef Fajita Rice Bowl GF Yogurt Parfait with Fruit Vegetable Blend Fresh Celery Sticks Assorted Fruit Milk</p> | <p>21 Hamburger & Cheeseburger w/o Bun Smoothie Variety Shredded Romaine & Tomato Cup Baked Beans Assorted Fruit Milk</p> <p>Taste it Thursday: Cranberries</p> | <p>22 GF Chicken Caesar Salad w/ Tortilla Rounds Halal Chicken Tenders Baked Sidewinders Fresh Grape Tomatoes Assorted Fruit Milk</p> <p>Fear Factor Friday: Cranberries</p> |
| <p>25 Halal Chicken Tenders Vegetarian Salad w/Cheese & Tortilla Rounds Steamed Broccoli Fresh Baby Carrots Assorted Fruit Milk</p> | <p>26 GF Chicken Caesar Salad w/ Tortilla Rounds Smoothie Variety Mashed Potatoes Shredded Romaine & Tomato Cup Assorted Fruit Milk</p> | <p>27 Smoothie Variety Chana Masala w/ Brown Rice Steamed Green Beans Fresh Cucumber Slices Assorted Fruit Milk</p> | <p>28 Beef Nacho Grande w/wo Spanish Rice Bean Nacho Grande w/wo Spanish Rice GF Yogurt Parfait with Fruit Taco Sauce, Sour cream, Jalapeño slices Baked Beans Fresh Celery Sticks Assorted Fruit Milk</p> <p>**Halloween Treat – Sidekick (?)**</p> | <p>29</p> <p>Student Holiday</p> |

Gluten-Free Breakfast Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | | 1 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk |
| 4 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 5 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 6 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Potato Coins Assorted Fruit 100% Juice Variety Milk | 7 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 8 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk |
| 11 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 12 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Potato Coins Assorted Fruit 100% Juice Variety Milk | 13 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 14 Cheerios or Fruity Cheerios Cereal Veggie Hummus Meal Kit GF Potato Coins Assorted Fruit 100% Juice Variety Milk | 15 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk |
| 18 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 19 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 20 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Potato Coins Assorted Fruit 100% Juice Variety Milk | 21 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk | 22 Cheerios or Fruity Cheerios Cereal Bar Fresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk |

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| <p>25 Cheerios or Fruity Cheerios Cereal BarFresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk</p> | <p>26 Cheerios or Fruity Cheerios Cereal Yogurt Parfait Potato Coins Assorted Fruit 100% Juice Variety Milk</p> | <p>27 Cheerios or Fruity Cheerios Cereal BarFresh Smoothie Variety Fresh Assorted Vegetables Assorted Fruit 100% Juice Variety Milk</p> | <p>28 Cheerios or Fruity Cheerios Cereal Veggie Hummus Meal Kit GF Potato Coins Assorted Fruit 100% Juice Variety Milk</p> | <p>29</p> <p style="text-align: center;">Student Holiday</p> |
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PROPEL Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Vanilla Dino Grahams Choice of Milk |
| 4 Cinnamon Graham Crackers Choice of Milk | 5 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 6 Berry Bear Grahams Choice of Milk | 7 Chocolate Bear Grahams 100% Fruit Juice Variety | 8 Vanilla Dino Grahams Choice of Milk |
| 11 | 12 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 13 Berry Bear Grahams Choice of Milk | 14 Chocolate Bear Grahams 100% Fruit Juice Variety | 15 Vanilla Dino Grahams Choice of Milk |
| 18 Cinnamon Graham Crackers Choice of Milk | 19 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 20 Berry Bear Grahams Choice of Milk | 21 Chocolate Bear Grahams 100% Fruit Juice Variety | 22 Vanilla Dino Grahams Choice of Milk |

25
Cinnamon Graham Crackers
Choice of Milk

26
Baked Cheddar Goldfish Colors
100% Fruit Juice Variety

27
Berry Bear Grahams
Choice of Milk

28
Chocolate Bear Grahams
100% Fruit Juice Variety

29

Student Holiday

STEP and Headstart Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Smoothie Variety w/wo Graham Snack Choice Assorted Fruit 1% White Milk Cheese Pizza Steamed Green Beans Assorted Fruit 1% White Milk |
| 4 Cheese Bosco Stick Pepperoni Bosco Stick w/wo Dipping Sauce Assorted Fruit 1% White Milk Macaroni & Cheese w/wo Dinner Roll Steamed Broccoli Assorted Fruit 1% White Milk | 5 Sausage Biscuit Assorted Fruit 1% White Milk Cheese Pizza Steamed Corn Assorted Fruit 1% White Milk | 6 Breakfast Poppers Assorted Fruit 1% White Milk Mini Corn Dogs Fresh Celery Sticks Assorted Fruit 1% White Milk | 7 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk Cheese Quesadilla Vegetarian Refried Beans Assorted Fruit 1% White Milk | 8 Cinnamon Roll w/wo String Cheese Assorted Fruit 1% White Milk Chicken Breast Tenders Fresh Grape Tomatoes Assorted Fruit 1% White Milk |
| 11 No School | 12 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk Breaded Baked Chicken Sandwich Steamed Broccoli Assorted Fruit 1% White Milk | 13 Cheese Bosco Stick Pepperoni Bosco Stick w/wo Dipping Sauce Assorted Fruit 1% White Milk Chicken Bites w/wo Dinner Roll Baked Plantains Assorted Fruit 1% White Milk | 14 Dutch Waffle w/wo Sausage Patty Assorted Fruit 1% White Milk Hamburger Cheeseburger Seasoned Black Beans Assorted Fruit 1% White Milk | 15 Smoothie Variety w/wo Graham Snack Choice Assorted Fruit 1% White Milk Cheese Pizza Steamed Green Beans Assorted Fruit 1% White Milk |

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| <p>18 Cheese Bosco Stick Pepperoni Bosco Stick w/wo Dipping Sauce Assorted Fruit 1% White Milk</p> <p>Macaroni & Cheese w/wo Dinner Roll Steamed Broccoli Assorted Fruit 1% White Milk</p> | <p>19 Sausage Biscuit Assorted Fruit 1% White Milk</p> <p>Cheese Pizza Steamed Corn Assorted Fruit 1% White Milk</p> | <p>20 Breakfast Poppers Assorted Fruit 1% White Milk</p> <p>Mini Corn Dogs Fresh Celery Sticks Assorted Fruit 1% White Milk</p> | <p>21 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk</p> <p>Cheese Quesadilla Vegetarian Refried Beans Assorted Fruit 1% White Milk</p> | <p>22 Cinnamon Roll w/wo String Cheese Assorted Fruit 1% White Milk</p> <p>Chicken Breast Tenders Fresh Grape Tomatoes Assorted Fruit 1% White Milk</p> |
| <p>25 French Toast Sticks Assorted Fruit 1% White Milk</p> <p>Breaded Mozzarella Sticks w/wo Dipping Sauce Fresh Baby Carrots Assorted Fruit 1% White Milk</p> | <p>26 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk</p> <p>Breaded Baked Chicken Sandwich Steamed Broccoli Assorted Fruit 1% White Milk</p> | <p>27 Cheese Bosco Stick Pepperoni Bosco Stick w/wo Dipping Sauce Assorted Fruit 1% White Milk</p> <p>Chicken Bites w/wo Dinner Roll Baked Plantains Assorted Fruit 1% White Milk</p> | <p>28 Dutch Waffle w/wo Sausage Patty Assorted Fruit 1% White Milk</p> <p>Hamburger Cheeseburger Seasoned Black Beans Assorted Fruit 1% White Milk</p> | <p>29</p> <p style="text-align: center;">No School</p> |

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| <p>27 French Toast Sticks Assorted Fruit 1% White Milk</p> <p>Breaded Mozzarella Sticks w/wo Dipping Sauce Fresh Baby Carrots Assorted Fruit 1% White Milk</p> | <p>28 Yogurt Parfait with Granola Assorted Fruit 1% White Milk</p> <p>Breaded Baked Chicken Sandwich Steamed Broccoli Assorted Fruit 1% White Milk</p> | <p>29 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk</p> <p>Cheese Quesadilla Vegetarian Refried Beans Assorted Fruit 1% White Milk</p> | <p>30 Breakfast Chicken Sandwich Assorted Fruit 1% White Milk</p> <p>Cheese Quesadilla Vegetarian Refried Beans Assorted Fruit 1% White Milk</p> | |
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Walk Up Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Breakfast Cinnamon Roll String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Hummus Cup Tortilla Rounds Assorted Fruit Vegetable Juice Snack Vanilla Dino Grahams Assorted Fruit Supper Round Cheese Pizza Assorted Fruit Vegetable Juice Choice of Milk |
| 4 Breakfast Cheese Bosco Stick Pepperoni Bosco Stick 100% Fruit Juice Variety Assorted Fruit Lunch Bean & Cheese Burrito Fresh Grape Tomatoes Assorted Fruit Snack Cinnamon Graham Crackers String Cheese Supper Cheeseburger Assorted Fruit Vegetable Juice Choice of Milk | 5 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Plain Bagel String Cheese x 2 Fresh Celery Sticks Snack Baked Cheddar Goldfish Cubes Assorted Fruit Supper French Bread Pizza Assorted Fruit Vegetable Juice Choice of Milk | 6 Breakfast Breakfast Poppers 100% Fruit Juice Variety Assorted Fruit Lunch Cheese Sandwich Fresh Baby Carrots Assorted Fruit Snack Berry Bear Grahams Assorted Fruit Supper Mozzarella Stuffed Breadsticks w/wo Marinara Sauce Assorted Fruit Vegetable Juice Choice of Milk | 7 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Scooby Grahams & Sunbutter Cup String Cheese Fresh Celery Sticks Assorted Fruit Snack Chocolate Bear Grahams String Cheese Supper Backyard Slider Burgers Assorted Fruit Vegetable Juice Choice of Milk | 8 Breakfast Cinnamon Roll String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Hummus Cup Tortilla Rounds Assorted Fruit Vegetable Juice Snack Vanilla Dino Grahams Assorted Fruit Supper Round Cheese Pizza Assorted Fruit Vegetable Juice Choice of Milk |

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| <p>11</p> | <p>12 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Plain Bagel String Cheese x 2 Fresh Celery Sticks Snack Baked Cheddar Goldfish Cubes Assorted Fruit Supper French Bread Pizza Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>13 Breakfast Breakfast Poppers 100% Fruit Juice Variety Assorted Fruit Lunch Cheese Sandwich Fresh Baby Carrots Assorted Fruit Snack Berry Bear Grahams Assorted Fruit Supper Mozzarella Stuffed Breadsticks w/wo Marinara Sauce Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>14 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Scooby Grahams & Sunbutter Cup String Cheese Fresh Celery Sticks Assorted Fruit Snack Chocolate Bear Grahams String Cheese Supper Backyard Slider Burgers Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>15 Breakfast Cinnamon Roll String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Hummus Cup Tortilla Rounds Assorted Fruit Vegetable Juice Snack Vanilla Dino Grahams Assorted Fruit Supper Round Cheese Pizza Assorted Fruit Vegetable Juice Choice of Milk</p> |
| <p>18 Breakfast Cheese Bosco Stick Pepperoni Bosco Stick 100% Fruit Juice Variety Assorted Fruit Lunch Bean & Cheese Burrito Fresh Grape Tomatoes Assorted Fruit Snack Cinnamon Graham Crackers String Cheese Supper Cheeseburger Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>19 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Plain Bagel String Cheese x 2 Fresh Celery Sticks Snack Baked Cheddar Goldfish Cubes Assorted Fruit Supper French Bread Pizza Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>20 Breakfast Breakfast Poppers 100% Fruit Juice Variety Assorted Fruit Lunch Cheese Sandwich Fresh Baby Carrots Assorted Fruit Snack Berry Bear Grahams Assorted Fruit Supper Mozzarella Stuffed Breadsticks w/wo Marinara Sauce Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>21 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Scooby Grahams & Sunbutter Cup String Cheese Fresh Celery Sticks Assorted Fruit Snack Chocolate Bear Grahams String Cheese Supper Backyard Slider Burgers Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>22 Breakfast Cinnamon Roll String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Hummus Cup Tortilla Rounds Assorted Fruit Vegetable Juice Snack Vanilla Dino Grahams Assorted Fruit Supper Round Cheese Pizza Assorted Fruit Vegetable Juice Choice of Milk</p> |

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| <p>25 Breakfast Cheese Bosco Stick Pepperoni Bosco Stick 100% Fruit Juice Variety Assorted Fruit Lunch Bean & Cheese Burrito Fresh Grape Tomatoes Assorted Fruit Snack Cinnamon Graham Crackers String Cheese Supper Cheeseburger Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>26 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Plain Bagel String Cheese x 2 Fresh Celery Sticks Snack Baked Cheddar Goldfish Cubes Assorted Fruit Supper French Bread Pizza Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>27 Breakfast Breakfast Poppers 100% Fruit Juice Variety Assorted Fruit Lunch Cheese Sandwich Fresh Baby Carrots Assorted Fruit Snack Berry Bear Grahams Assorted Fruit Supper Mozzarella Stuffed Breadsticks w/wo Marinara Sauce Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>28 Breakfast Cereal Variety String Cheese 100% Fruit Juice Variety Assorted Fruit Lunch Scooby Grahams & Sunbutter Cup String Cheese Fresh Celery Sticks Assorted Fruit Snack Chocolate Bear Grahams String Cheese Supper Backyard Slider Burgers Assorted Fruit Vegetable Juice Choice of Milk</p> | <p>29</p> <p style="text-align: center;">Student Holiday</p> |
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YAS Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | | | | 1 Vanilla Dino Grahams Choice of Milk |
| 4 Cinnamon Graham Crackers Choice of Milk | 5 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 6 Berry Bear Grahams Choice of Milk | 7 Chocolate Bear Grahams 100% Fruit Juice Variety | 8 Vanilla Dino Grahams Choice of Milk |
| 11 Cinnamon Graham Crackers Choice of Milk | 12 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 13 Berry Bear Grahams Choice of Milk | 14 Chocolate Bear Grahams 100% Fruit Juice Variety | 15 Vanilla Dino Grahams Choice of Milk |
| 18 Cinnamon Graham Crackers Choice of Milk | 19 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 20 Berry Bear Grahams Choice of Milk | 21 Chocolate Bear Grahams 100% Fruit Juice Variety | 22 Vanilla Dino Grahams Choice of Milk |

25
Cinnamon Graham Crackers
Choice of Milk

26
Baked Cheddar Goldfish Colors
100% Fruit Juice Variety

27
Berry Bear Grahams
Choice of Milk

28
Chocolate Bear Grahams
100% Fruit Juice Variety

29

Student Holiday

YMCA/CASA Menu October 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Vanilla Dino Grahams Choice of Milk |
| 4 Cinnamon Graham Crackers Choice of Milk | 5 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 6 Berry Bear Grahams Choice of Milk | 7 Chocolate Bear Grahams 100% Fruit Juice Variety | 8 Vanilla Dino Grahams Choice of Milk |
| 11 | 12 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 13 Berry Bear Grahams Choice of Milk | 14 Chocolate Bear Grahams 100% Fruit Juice Variety | 15 Vanilla Dino Grahams Choice of Milk |
| 18 Cinnamon Graham Crackers Choice of Milk | 19 Baked Cheddar Goldfish Colors 100% Fruit Juice Variety | 20 Berry Bear Grahams Choice of Milk | 21 Chocolate Bear Grahams 100% Fruit Juice Variety | 22 Vanilla Dino Grahams Choice of Milk |

25
Cinnamon Graham Crackers
Choice of Milk

26
Baked Cheddar Goldfish Colors
100% Fruit Juice Variety

27
Berry Bear Grahams
Choice of Milk

28
Chocolate Bear Grahams
100% Fruit Juice Variety

29

Student Holiday