



STUDENT NAME: _____

Classroom # _____





A YUMMY OCTOBER MENU

- I would like to order the **WHOLE MONTH** of yummy lunches for \$89.25 (21 x \$4.25)
- I would like to order **ONLY PIZZA** on Fridays for \$17.00 (4 x \$4.25)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>3 Pasta w/Tomato Sauce, Roasted Sweet Peas, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Sweet Peas, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>4 Balsamic Glazed Chicken w/Roasted Olives & Tomatoes, Parmesan Crusted Veggies, Roll, Fresh Fruit</p> <p>Cheese Tortellini w/Tomato Sauce, Parmesan Crusted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>5 Lean Beef & Veggie Fried Rice, Stir Fried Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>6 Mojito Grilled Chicken w/Baja Black Beans, Baked Plantains, Brown Rice, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>7 PIZZA FRIDAY</p> 	<p>1)Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>2)Ham & Swiss Sub Sandwich, Baked Chips, Fresh Fruit</p> <p>3)Grilled Chicken Wrap, Baked Chips, Fruit</p> <p>4)Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p> <p>5)Salad w/Buffalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit</p> <p>6)Spinach Salad w/Turkey Bacon, Crackers, Fresh Fruit</p> <p>7)Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>8)MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>10 Pasta w/Beef Bolognese Sauce, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>11 Breakfast for Lunch--Sweet Potato Pancakes, Eggs, Fresh Fruit</p> <p>Cheese Manicotti, Roasted Seasonal Veggies, Garlic Bread, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>12 Turkey & Cheese Enchiladas, Rice & Beans, Fresh Fruit</p> <p>Grilled Cheese, Roasted Potato Wedges, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>13 BBQ Chicken, Baked Beans, Corn Bread, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>14 PIZZA FRIDAY</p> 	<p>1)Ham & Cheese Sandwich, Baked Chips, Fresh Fruit</p> <p>2)MILD Buffalo Chicken Wrap, Baked Chips, Fresh Fruit</p> <p>3)Grilled Chicken Wrap, Baked Chips, Fresh Fruit</p> <p>4)Grilled Chicken Caesar Salad, Fresh Fruit</p> <p>5)Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>6)MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>7)MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>8)MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>

I would like to order the following drink for my child:

- Water
- Organic juice
- Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>17 Pasta w/Tomato Sauce, Honey Vanilla Glazed Carrots, Fresh Fruit</p> <p>Baked Chicken Nuggets, Honey Vanilla Glazed Carrots, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>18 Cheese Lasagna, Roasted Peas, Fresh Fruit</p> <p>Roasted Chicken w/Smashed Potatoes, Roasted Sweet Peas, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>19 Arroz con Pollo, Baked Plantains, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>20 Lean Beef Burgers, Roasted Corn, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>21 PIZZA FRIDAY</p> 	<p>1) Turkey Sandwich, Pretzels, Fresh Fruit</p> <p>2) Italian Sandwich on Ciabatta, Pretzels, Fresh Fruit</p> <p>3) Turkey Wrap, Pretzels, Fresh Fruit</p> <p>4) Dried Cranberry, Goat Cheese, Pumpkin Seed & Chicken Salad, Crackers, Fresh Fruit</p> <p>5) Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>6) Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>7) Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>8) MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>24 Pasta w/Turkey Bolognese Sauce, Roasted Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>25 Lean Beef Tacos, Rice & Beans, Fresh Fruit</p> <p>Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>26 Honey Soy Chicken w/Lo Mein Noodles, Steamed Edamame, Fresh Fruit</p> <p>Grilled Cheese, Steamed Edamame, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>27 Turkey Meatball Subs, Roasted Sweet Potato Fries, Fresh Fruit</p> <p>Mac & Cheese, Roasted Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>	<p>28 PIZZA FRIDAY</p> 	<p>1) Turkey Sandwich, Baked Chips, Fresh Fruit</p> <p>2) Hummus & Veggie Sandwich, Baked Chips, Fresh Fruit</p> <p>3) Grilled Chicken Sandwich, Baked Chips, Fresh Fruit</p> <p>4) Turkey & Swiss Wrap, Baked Chips, Fresh Fruit</p> <p>5) Cobb Salad, Crackers, Fresh Fruit</p> <p>6) Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>7) Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>8) MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>
<p>31 Pasta w/Lean Beef & Eggplant Bolognese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection From Cold Options:</p>					<p>1) Turkey & Swiss Sub, Baked Chips, Fruit</p> <p>2) Ham & Swiss Sub Sandwich, Baked Chips, Fresh Fruit</p> <p>3) Grilled Chicken Wrap, Baked Chips, Fruit</p> <p>4) Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p> <p>5) Salad w/Buffalo Chicken & Buttermilk Dressing, Crackers, Fresh Fruit</p> <p>6) Spinach Salad w/Turkey Bacon, Crackers, Fresh Fruit</p> <p>7) Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>8) MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p>

Name:

Classroom:

AM ONLY \$30.00

PM ONLY \$30.00

AM & PM \$55.00



Monday		Tuesday		Wednesday		Thursday		Friday	
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Pancakes and fresh fruit	Wheat crackers and string cheese	Bagels with jelly and fruit	Sweet and salty trail mix	French toast sticks with fruit	Banana pudding pie cups	Berry smoothies with Oat cereal	Veggie sticks and orange slices	Waffles and syrup with fruit	Applesauce and granola bar
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Banana muffins and yogurt	Oragnic cheese snacks with orange slices	Yogurt and berry parfait	Cheese crackers and fruit cup	Pancakes and fresh fruit	Rice crispie treats and fruit	Bagel and fruit pizza	Harvest snack mix	Jello cups and Honey Grahams	Pretzel sticks with cheese
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Mini bagels and cream cheese	Goldfish snack mix and fruit	Berry smoothie with cereal bar	Pudding cups with waffles	Cinnamon pancakes and fruit and string cheese	Wheat crackers	Muffins and fresh fruit	Fruit cups and veggie sticks	French Toast and fruit	Sweet and salty trail mix
AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Bagel and cream cheese "pizza"	Pudding dirt cups	Yogurt and fruit parfait	Applesauce with granola bar	French toast and fresh fruit	Animal crackers and fruit cup	Berry smoothies and cereal	Harvest trail mix	Pancakes and fresh fruit	Fruit snack and wheat crackers

