



# October 2018 - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Grades 6-8 Breakfast</b>				
<i>MENUS ARE SUBJECT TO CHANGE</i>				
<b>10-1</b> ★ Crunchy Cereal <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-2</b> ★ Egg & Cheese Wrap <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-3</b> ★ Cinnamony Pancakes or French Toast Trio <b>V</b> ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-4</b> ★ Beef Chorizo & Cheese Wrap ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-5</b> ★ Grape Crescent - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
<b>10-8</b> ★ Cinnamony Pancakes or Mini French Toast Bites <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-9</b> ★ Morning Beef Sausage Sandwich ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-10</b> ★ Fiesta Bean & Cheese Burrito <b>V</b> ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-11</b> ★ Egg & Cheese Sandwich <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-12</b> ★ Café LA Coffee Cake - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
<b>10-15</b> ★ Crunchy Cereal <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-16</b> ★ Egg & Cheese Wrap <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-17</b> ★ Cinnamony Pancakes or French Toast Trio <b>V</b> ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-18</b> ★ Beef Chorizo & Cheese Wrap ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-19</b> ★ Fiesta Bean & Cheese Burrito - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
<b>10-22</b> ★ Cinnamony Pancakes or Mini French Toast Bites <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-23</b> ★ Morning Beef Sausage Sandwich ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-24</b> ★ Fiesta Bean & Cheese Burrito <b>V</b> ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-25</b> ★ Egg & Cheese Sandwich <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-26</b> ★ Manager's Choice ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
<b>10-29</b> ★ Crunchy Cereal <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-30</b> ★ Egg & Cheese Wrap <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	<b>10-31</b> ★ Cinnamony Pancakes or French Toast Trio <b>V</b> ★ Fruit - <b>S</b> ★ Fruit Juice ★ Got Milk		

**All of the Grain/Bread items served are Whole Grain Rich.**

Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free

★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit

**S**: Items with an (S) can be saved for later **V**: Vegetarian items