

## **OCTOBER 2024 MENU**

| SCHOOLS                   |                          | OCTOBER 2024 MENO        |                            |                         |
|---------------------------|--------------------------|--------------------------|----------------------------|-------------------------|
| Mon                       | Tuo                      | Wed                      | Thu                        | D.                      |
| Mon                       | Tue                      |                          | Thu                        | Fri                     |
|                           | 1                        | 2                        | 3                          |                         |
| OCTOBER<br>Squash         | Chicken Biscuit Sandwich | Donut Holes/Sausage Link | Pancakes & Chicken Sausage | Cinnamon Roll           |
| (SUMMER, WINTER, PUMPKIN) | Super/Walking Nachos     | Chicken Nuggets          | Chicken Wings              | Cheese/Pepperoni Pizza  |
|                           | Tortilla Chips/Tostitos  | Dinner Roll              | Cornbread                  | Steamed Broccoli        |
|                           | Black Beans              | Glazed Carrots           | Collard Greens/Sweet Yams  | Choc Chip Cookie        |
|                           |                          |                          |                            |                         |
|                           | Vegetarian Alternative:  | Vegetarian Alternative:  | Vegetarian Alternative:    | Vegetarian Alternative: |
|                           | Veggie Nachos            | Veggie Nuggets           | Veggie Nuggets             | Cheese & Veggie Pizza   |
|                           | Baked Cheetos            | Cheez-Its                | Pretzels                   |                         |
|                           | Shelf Stable Milk        | 100% Juice               | Orange                     | NO SNACKS               |
|                           | Shell Stable Wilk        | 100/0 30/00              | o.ugc                      | 110 011/1010            |
| 7                         | 8                        | 9                        | 10                         | 11                      |
| French Toast Sticks       | Turkey Sausage Biscuit   | Breakfast Pizza          | Pancakes & Chicken Sausage | Eggs/Turkey Bacon/Grits |
|                           |                          |                          |                            |                         |
| Beef or Turkey Hot Dog    | Soft Taco                | Chicken Tenders          | Chicken Pasta Alfredo      | Sloppy Joe              |
| Coney Bun                 | Flour Tortilla           | Dinner Roll              | Garlic Breadstick          | Hamburger Bun           |
| Baked Beans               | Mexicali Corn            | Collard Greens           | Sweet Peas                 | French Fries            |
| Vegetarian Alternative:   | Vegetarian Alternative:  | Vegetarian Alternative:  | Vegetarian Alternative:    | Vegetarian Alternative: |
| Boca Burger on a Burger   | Vegetarian Taco          | Veggie Nuggets           | Pasta Alfredo              | Vegetarian Sloppy Joe   |
| ol v                      |                          |                          |                            |                         |
| Cheez-Its                 | Pretzels                 | Baked Chips              | Orange                     | NO SNA SKS              |
| 100% Juice                | Shelf Stable Milk        | 100% Juice               | Shelf Stable Milk          | NO SNACKS               |
| 14                        | 15                       | 16                       | 17                         | 18                      |
| ARREGGE.                  |                          | 46                       |                            | NO SCHOOL               |
| H                         | AVE A                    | , G00                    | D                          | IIO DOILOGI             |
|                           |                          |                          |                            | PROFFSSIONAL            |
|                           |                          | ores                     |                            | DEVELOPMENT             |
|                           |                          |                          | Eller                      | DEVELOPMENT             |
| 2000                      |                          | -                        | of fill                    | DAY                     |
|                           |                          |                          |                            |                         |
| 21                        | 22                       | 23                       | 24                         | 25                      |
| French Toast Sticks       | Turkey Sausage Biscuit   | Breakfast Pizza          | Waffles & Turkey Bacon     | Eggs/Turkey Bacon/Grits |
| Grilled Chicken Breast    | Soft Taco                | Beef-A-Roni              | Mandarin Orange Chicken    | Chicken Sausage         |
| Hamburger Bun             | Flour Tortilla           | Penne Pasta              | White Rice                 | Coney Bun               |
| Glazed Carrots            | Mexicali Corn            | Steamed Squash           | Asian Vegetable Blend      | Baked Beans             |
|                           |                          | '                        | Egg Roll                   |                         |
| Vegetarian Alternative:   | Vegetarian Alternative:  | Vegetarian Alternative:  | Vegetarian Alternative:    | Vegetarian Alternative: |

| French Toast Sticks  | Turkey Sausage Biscuit  | Breakfast Pizza   | Waffles & Turkey Bacon  | Eggs/Turkey Bacon/Grits |
|--|---|---|---|-------------------------|
| Grilled Chicken Breast   | Soft Taco   | Beef-A-Roni   | Mandarin Orange Chicken   | Chicken Sausage         |
| Hamburger Bun  | Flour Tortilla  | Penne Pasta   | White Rice  | Coney Bun               |
| Glazed Carrots   | Mexicali Corn   | Steamed Squash  | Asian Vegetable Blend   | Baked Beans             |
|  |   |   | Egg Roll  |                         |
| Vegetarian Alternative:  | Vegetarian Alternative:   | Vegetarian Alternative:   | Vegetarian Alternative:   | Vegetarian Alternative: |
| Veggie Nuggets   | Vegetarian Taco   | Pasta Marinara  | Mandarin Orange Veggie  | Boca Burger on a Bun    |
|  | · ·   |   | Nuggets   |                         |
| Cheez-Its  | Baked Cheetos   | Baked BBQ Chips   | Craisins  | NO SNACKS               |
| Shelf Stable Milk  | 100% Juice  | Shelf Stable Milk   | Shelf Stable Milk   |                         |
|  |   |   |   |                         |
| 28   | 29  | 30  | 24  |                         |
|  | 29  | 30  | 31  |                         |
| Eggs/Turkey Bacon/Grits  | Chicken Biscuit Sandwich  | Donut Holes/Sausage Link  | Pancakes & Chicken Sausage  |                         |
| Eggs/Turkey Bacon/Grits  | Chicken Biscuit Sandwich  | Donut Holes/Sausage Link  | Pancakes & Chicken Sausage  |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger  | Chicken Biscuit Sandwich  Super/Walking Nachos  | Donut Holes/Sausage Link  Chicken Nuggets   | Pancakes & Chicken Sausage  Chicken Wings   |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger  Hamburger Bun   | Chicken Biscuit Sandwich  Super/Walking Nachos  Tortilla Chips/Tostitos   | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  | Pancakes & Chicken Sausage  Chicken Wings  Cornbread  |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger  | Chicken Biscuit Sandwich  Super/Walking Nachos  | Donut Holes/Sausage Link  Chicken Nuggets   | Pancakes & Chicken Sausage  Chicken Wings   |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger  Hamburger Bun  French Fries   | Chicken Biscuit Sandwich  Super/Walking Nachos  Tortilla Chips/Tostitos  Black Beans                                      | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  Glazed Carrots  | Pancakes & Chicken Sausage  Chicken Wings  Cornbread  Collard Greens/Sweet Yams                                       |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger Hamburger Bun French Fries  Vegetarian Alternative:                      | Chicken Biscuit Sandwich  Super/Walking Nachos  Tortilla Chips/Tostitos  Black Beans  Vegetarian Alternative:             | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  Glazed Carrots  Vegetarian Alternative:                 | Pancakes & Chicken Sausage  Chicken Wings Cornbread Collard Greens/Sweet Yams  Vegetarian Alternative:                |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger  Hamburger Bun  French Fries   | Chicken Biscuit Sandwich  Super/Walking Nachos  Tortilla Chips/Tostitos  Black Beans                                      | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  Glazed Carrots  | Pancakes & Chicken Sausage  Chicken Wings  Cornbread  Collard Greens/Sweet Yams                                       |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger Hamburger Bun French Fries  Vegetarian Alternative: Boca Burger on a Bun | Chicken Biscuit Sandwich  Super/Walking Nachos Tortilla Chips/Tostitos Black Beans  Vegetarian Alternative: Veggie Nachos | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  Glazed Carrots  Vegetarian Alternative:  Veggie Nuggets | Pancakes & Chicken Sausage  Chicken Wings Cornbread Collard Greens/Sweet Yams  Vegetarian Alternative: Veggie Nuggets |                         |
| Eggs/Turkey Bacon/Grits  Hamburger/Cheeseburger Hamburger Bun French Fries  Vegetarian Alternative:                      | Chicken Biscuit Sandwich  Super/Walking Nachos  Tortilla Chips/Tostitos  Black Beans  Vegetarian Alternative:             | Donut Holes/Sausage Link  Chicken Nuggets  Dinner Roll  Glazed Carrots  Vegetarian Alternative:                 | Pancakes & Chicken Sausage  Chicken Wings Cornbread Collard Greens/Sweet Yams  Vegetarian Alternative:                |                         |

All breakfasts include: Fresh/ Canned Fruit 

Choice of Milk 

Water 

Cereal

All lunches include: Garden Salad/ Salad Bar □ Fresh/Canned Fruit □ Choice of Milk □ Water

A Reimbursable Offer vs Serve Breakfast 4 components (meat/grains, Meal includes:

fruit/vegetable, milk) offered Must choose 3 items, including fruit or vegetable

Lunch 5 components (meat/meat alternative, grain, fruit, vegetable, milk) Must choose 3 component items, including fruit

HARVEST OF THE MONTH - SQUASH

Menus are subject to change without notice

Adult Meal Prices - Breakfast \$3 🗆 \$5

STAY TUNED FOR: Shelf-Stable Meal Tastings and Breakfast Smoothies

