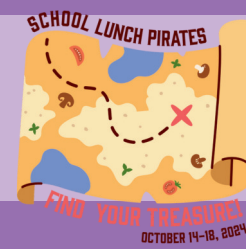




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# October



**FREE  
BREAKFAST  
AND LUNCH  
FOR ALL  
STUDENTS**

Menu are subject to change without prior notice

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**LUNCH CHOICES INCLUDES  
ASSORTED FRESH FRUIT,  
VEGETABLES, AND 1% OR FAT  
FREE MILK**



	<b>1</b> Mango Lassi Smoothie with Cracker Chicken Taquitos, Mexican Rice, Guacamole and Refried Beans	<b>2</b> Breakfast Pizza Bagel Breaded Chicken Sandwich with Seasoned Wedges	<b>3</b> Freshly Baked Chocolate Scones Teriyaki BBQ Chicken, Brown Rice & Garlicky Broccoli	<b>4</b> Chocolate Chip Muffin Beef Taco Stick with Chipotle Southwest Salad
<b>7</b> Egg, Cheese & Beef Chorizo Burrito Kickin' Nuggets with BArrrrrrBQ Sauce and Freshly Baked Chocolate Chip Cookie	<b>8</b> Apple Mini Breakfast Bites Spicy Italian Sandwich or Cold Cut "Walk the Plank!" Deli Sandwich with Cucumber & Tomato Salad	<b>9</b> Assorted Benefit Bar Cheesy "Ahoy!" Pull Aparts with Marinara and Garlicky Broccoli or Manager's Special	<b>10</b> Bagel with Cream Cheese 'Shiver Me!' Three Cheese Calzones or Manager's Special	<b>11</b> Housemade Cinnamon Pancake Squares Cheeseburger "Mateys!" Sliders with BBQ Baked Beans or Manager's Special
<b>14</b> Assorted Concha Chicken Smackers, Mashed Potatoes, Corn & Hawaiian Roll	<b>15</b> Colby Cheese Omelet with Biscuit Crunchy Beef Taco, Mexican Rice, Refried Beans	<b>16</b> Freshly Baked Cinnamon Rolls Hamburger or Cheeseburger with Seasoned Fries	<b>17</b> Ham & Cheese Croissant Mandarin Orange Chicken, Brown Rice & Garlicky Broccoli	<b>18</b> Double Chocolate Chip Muffin Pepperoni or Cheese Pizza with Kale Caesar Salad
<b>21</b> Strawberry Mini Bagel Chicken Nuggets with Goldfish Cheddar Crackers	<b>22</b> Scrambled Egg with Toast 100% Beef Hot Dog on a Bun with BBQ Beans	<b>23</b> Eggoji Waffle with Syrup Breaded Chicken Drumsticks, Mashed Potatoes, and Garlic Knot	<b>24</b> Ultimate Breakfast Rounds (UBR) Spaghetti & Meatballs with Garlicky Broccoli	<b>25</b> Freshly Baked Blueberry Lemon Scones Galaxy Cheese or Pepperoni Pizza with Kale Caesar Salad
<b>28</b> Breakfast Sausage Sandwich on Biscuit Chicken Tenders with Brownie Bite	<b>29</b> Mango Lassi Smoothie with Cracker Chicken Taquitos, Mexican Rice, Guacamole and Refried Beans	<b>30</b> Breakfast Pizza Bagel Breaded Chicken Sandwich with Seasoned Wedges	<b>31</b> Freshly Baked Chocolate Scones Teriyaki BBQ Chicken, Brown Rice & Garlicky Broccoli	

### WEEKLY OFFERINGS

**Mon** - Grilled Cheese Sandwich  
**Tu** - Bean & Cheese Burrito  
**Wed** - Cheesy Pull Apart  
**Th** - Three Cheese Calzone  
**Fri** - Chicken Caesar Wrap or Turkey Bacon Club



**FRESHLY PREPARED**

**PLANT-BASED**



This institution is an equal opportunity provider