

October 2017



<p><i>Monday</i> 10/2 and 10/23 Waffles 10/9 and 10/30 French Toast Sticks 10/ 16 Pancake on a Stick</p>	<p><i>Thursday</i> 10/5 and 10/26 Fruit Parfait 10/12 Blueberry Bagel- 10/19 Pancakes</p>
<p><i>Tuesday</i> 10/3 and 10/24 Cherry Pocket 10/10 and 10/31 Apple Pocket 10/17 Breakfast Burrito</p>	<p><i>Friday</i> 10/6 and 10/27 French Toast & Sausage 10/20 Yogurt and Graham Crackers</p>
<p><i>Wednesday</i> 10/4 and 10/25 Biscuit & Gravy 10/11 Mini Cinnamon Roll- 10/18 UBR</p>	<p><i>For Champions On The Go - DAILY</i> Soft Bagel & Cream Cheese Assorted Cold Cereal Assorted Breakfast Sandwiches</p>

Meal Prices:
Breakfast: \$1.85 Reduced \$0.00
Adult: \$2.15

“This institution is an equal opportunity provider.”

October 2017



HONOR ROLL

MONDAY-FRIDAY CHOICES

Flame Broiled Cheeseburger, Chicken Burger, Spicy Chicken Burger

All sandwiches served on WW buns with a oven baked Fries or tater tots offering & a trip through the Thrive Garden Bar.

WEDNESDAY **V**

Made to Order Turkey, Ham & Cheese, Tuna Or American Sub Sandwiches or Wraps

Different Grab & Go Choices Every Day.

All sandwiches served on choice of Specialty WW Sub Roll or WG Bread, Milk & a trip through the Thrive Garden Bar Offering.

STACKS

FIESTA

EVERY TUESDAY AND THURSDAY

Build Your Own Nachos

With choice of Beef Taco Meat or Chicken Fajita Meat and/or Vegetarian Refried Beans

All Fiesta entrees include Milk & a trip through the Thrive Garden Bar Offering.

MONDAY-FRIDAY CHOICES **V**

Cheese, Pepperoni & Veggie Pizzas

And Daily Specials

All pizzas feature low fat cheese, low sodium sauce, whole grain crusts.

Include Milk & a trip through the Thrive Garden Bar Offering.

UPPER CRUST

THRIVE

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety

Locally Grown items are offered whenever seasonally available

SP V



All meals include a trip through our Thrive Garden Bar & Milk Offering

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Garden Salad Greens and Low Fat or Fat Free Milk

You must take 1/2 cup of Fruit or Vegetables to make a healthy complete lunch.

2 Bean & Cheese Enchilada w/Roasted Corn	3 Made to Order Fajita Chicken & Cheese Nachos or Burrito w/Refried Beans	4 Lunch Prices Made to Order Deli Adult: \$3.10 Reduced: \$0.00	5 Made to Order Beef & Cheese Nachos or Burrito w/Refried Beans	6 WG Spaghetti w/Meat Sauce and Roll with Caesar Salad
9 Baked Potato w/Chili & Cheese and WG Roll	10 Made to Order Fajita Chicken & Cheese Nachos or Burrito w/Refried Beans	11 Made to Order Deli	12 Made to Order Beef & Cheese Nachos or Burrito w/Refried Beans	13 NO SCHOOL
16 Meatball Sub Sandwich	17 Made to Order Fajita Chicken Nachos or Burrito	18 Made to Order Deli	19 Made to Order Beef & Cheese Nachos or Burrito w/Refried Beans	20 Chicken Alfredo Pasta w/Steamed Peas
23 Pad Thai Chicken w/Spicy Pineapple Slaw	24 Made to Order Fajita Chicken Nachos or Burrito	25 Made to Order Deli	26 Made to Order Beef & Cheese Nachos or Burrito w/Refried Beans	27 Beef Lasagna w/Caesar Salad
30 Mini Cheese Ravioli w/Bread Stick and Caesar Salad	31 Made to Order Fajita Chicken Nachos or Burrito	Menu Subject to change due to availability		Lunch Prices Paid: \$3.10 Reduced: \$0.00 Adult: \$4.15
Monday Fast Takes: Turkey & Cheese Sub Chicken Caesar Wrap Chef Salad	Tuesday Fast Takes: Ham & Cheese Sub Crispy Chicken Wrap Spinach Salad	Wednesday Fast Takes: Italian Sub SW Wrap Chicken Caesar Salad	Thursday Fast Takes: American Sub Buffalo Wrap Taco Salad	Friday Fast Takes: Peanut Butter & Jelly Sandwich Italian Wrap Garden Salad