



## OCTOBER 2018: Pre-K - 8 Express Hot Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>JUMPSTART MONDAY</b>	<b>BURGER</b>	<b>CHICKEN</b>	<b>NEW YORK THURSDAY</b>	<b>PIZZA</b>
1	2	3	New York Thursday 4	5
<b>Veggie Tacos</b> A Blend of Veggies & Mexicali Beans Served with Baked! Tostitos® Scoops®  Salsa Cup  Sweet Plantains	<b>100% Beef New York Hamburgers &amp; Cheeseburgers</b>  Sweet Potato Waffle Fries	<b>Crispy Chicken Waffle Sandwich</b>  Home Fries  Creamed Spinach	<b>Jamaican Beef Patty</b>  Roasted Zucchini  New York Cookie Treat  New York Apple Slices	<b>Pizza Bagel</b>  Garlic Knot  Hot Marinated Bean Salad
Columbus Day 8	9	10	New York Thursday 11	12
<b>Grilled Cheese</b>  Garlicky Green Beans  Crunchy Carrots	<b>100% Beef Hamburgers &amp; Cheeseburgers</b>  French Fries	<b>Popcorn Chicken</b>  Garlic Toast  Sweet Potato Waffle Fries	<b>Bite Size Beef Tacos</b> Served with Baked! Tostitos® Scoops®  Salsa Cup Broccoli Trees  New York Cookie Treat  New York Apple Slices	<b>Pizza Bagel</b>  Garlic Knot  Hot Black Bean Salad
15	16	17	New York Thursday 18	19
<b>Mozzarella Sticks</b> Marinara Sauce  Slow Roasted Carrots  Frito-Lay® SunChips®	<b>100% Beef New York Hamburgers &amp; Cheeseburgers</b>  French Fries	<b>Popcorn Chicken</b> Served With Mac-n-Cheese  Broccoli Trees	<b>Chicken Dumplings</b>  Egg Roll with Duck Sauce  New York Cookie Treat  Fresh New York Apples	<b>Pizza Bagel</b>  Garlic Knot  Roasted Chickpeas with Spinach Cilantro Pesto  Ranch Carrot Snacker
22	23	24	New York Thursday 25	26
<b>Veggie Tacos</b> A Blend of Veggies & Mexicali Beans Served with Baked! Tostitos® Scoops®  Salsa Cup  Sweet Plantains	<b>100% Beef Hamburgers &amp; Cheeseburgers</b>  Sweet Potato Waffle Fries	<b>Crispy Chicken Waffle Sandwich</b>  Home Fries  Creamed Spinach	<b>Jamaican Beef Patty</b>  Roasted Zucchini  New York Cookie Treat  New York Apple Slices	<b>Pizza Bagel</b>  Garlic Knot  Hot Marinated Bean Salad
29	30	Happy Halloween 31		
<b>Grilled Cheese</b>  Garlicky Green Beans  Crunchy Carrots	<b>100% Beef New York Hamburgers &amp; Cheeseburgers</b>  French Fries	<b>Popcorn Chicken</b>  Garlic Toast  Sweet Potato Waffle Fries	  EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

### OFFERED DAILY

#### Entree Alternatives

- PB&J Sandwich
- Cheese Sandwich
- Plain Turkey Sandwich
- Hummus Grab & Go

#### Milk

- 1% Low-fat
- Fat Free
- Fat Free Chocolate

#### Fresh Fruit

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

#### Dressings

- Chipotle Ranch
- Balsamic Vinaigrette
- Ranch
- Asian Sesame
- Honey Mustard
- Caesar
- French
- Italian Vinaigrette

#### Flavor Station

- Granulated Garlic
- Red Pepper Flakes
- Parmesan Cheese

#### Dipping Sauce Cups

- BBQ, Ranch,
- Honey Mustard, Hot Sauce
- Ketchup, Mayonnaise

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### ATTENTION:

All Pre-K Students CANNOT be Offered CHOCOLATE MILK



**MENUS ARE SUBJECT TO CHANGE  
SCHOOLFOOD MENUS ARE PORK FREE**