



Questions about  
Nutrition Services please call:  
303-853-7929

# October 2018

Breakfast Lunch

Grades 6-8



Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Waffles or Cereal, Applesauce, Juice Grilled Cheese w/ Black Bean Soup	2 Zee Zee Bar or Cereal, Dried Cranberries, Juice Roasted Herb Chicken w/ Rice	3 Breakfast Burrito or Cereal, Applesauce, Juice Goulash w/ Breadstick	4 Frudel or Cereal, Fruit Cup, Juice Traditional Enchiladas	5 Cereal or PBJ, Applesauce, Fruit Cup Hot Dogs, Baked, Beans, w/ Wedge Fries
8 Breakfast Pizza or Cereal, Dried Cranberry, Juice Mac & Cheese w/ Pretzel Rods	9 Muffin Tops or Cereal, Fruit Cup, Juice Beef Soft Tacos	10 Yogurt Parfait or Cereal, Fruit Cup, Juice Philly Cheese Steak on Hoagie Roll	11 Sausage-Pancake Stick, Dried Cranberries, Juice Pasta Bake w/ Breadstick	12 <b>NO CLASSES</b>
15 <b>NO CLASSES</b>	16 <b>FALL</b>	17 <b>BREAK</b>	18 <b>!!!</b>	19 <b>NO CLASSES</b>
22 Mini Waffles or Cereal, Apple Slices, Juice Cheese Omelet w/ French Toast Sticks	23 Zee Zee Bar or Cereal, Orange, Juice Beef Soft Tacos	24 Breakfast Burrito or Cereal, Applesauce, Juice Philly Cheese Steak on Hoagie Roll	25 Frudel or Cereal, Orange, Juice Cowboy Mac & Cheese w/ Corn Chips	26 Cereal or PBJ, Apple Slices, Orange Cheesy Breadstick w/ Marinara
29 Breakfast Pizza or Cereal, Apple Slices, Juice Grilled Cheese w/ Black Bean Soup	30 Muffin Tops or Cereal, Orange, Juice Roasted Herb Chicken w/ Rice	31 Yogurt Parfait or Cereal, Applesauce, Juice Goulash w/ Breadstick	1-Nov Frudel or Cereal, Orange, Juice Traditional Enchiladas	2-Nov Cereal or PBJ, Apple Slices, Orange Hot Dogs, Baked, Beans, w/ Wedge Fries
Also offered weekly... Cheeseburger, Chicken Sandwich, Fries	Hamburger, Spicy Chicken Sandwich, Fries	Pork Ribbie Sandwich, Corn Dog, Fries	Hamburger, Spicy Chicken Sandwich, Fries	Cheeseburger, Chicken Sandwich, Fries
Cheese Pizza, BBQ Chicken Pizza, Marinara Sauce	Cheese Pizza, Meatball Pizza, Marinara Sauce	Cheese Pizza, Hawaiian Pizza, Marinara Sauce	Cheese Pizza, Calzone, Marinara Sauce	Cheese Pizza, Green Chile Carnitas Pizza, Marinara Sauce



Menu items subject to change based on availability.

This institution is an equal opportunity provider and employer.

All enrolled students eat at no charge for the first serving of breakfast and lunch. \* 2nd Serving of Breakfast; \$1.50 \* 2nd Serving of Lunch \$2.50 \* Additional Milk \$0.60/Water \$0.50

Adult Meals Breakfast \$2.50

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

Seasonal offerings daily on the salad bar

\*Don't forget to take atleast 1/2 cup of fruit or vegetable with your lunch! \*