



October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Breakfast: 6oz Milk, 4oz Fruit or Vegetable, 1 Grain/Bread. 1% Milk, Soy Milk, Lactaid and/or Juice is served. Lunch: 6oz Milk, 2 Fruit and/or Vegetable, 1 Grain/Bread, 1 1/2oz Meat/Meat Alternative. 1% Milk, Soy Milk, Lactaid and/or Juice is served. Snack: 4oz Milk or Juice or Fruit, 1 Grain/Bread. 1% Milk, Soy Milk, Lactaid and/or Juice is served.	Whole Grain Mini Waffles, Orange Juice, Milk Chicken Pot Pie w/ Mixed Vegetables, Sliced Peaches, Milk Whole Grain Vanilla Wafers, Banana, Milk	Boiled Eggs, Whole Grain Crackers, Grape Juice, Milk Enriched Ravioli w/ Meat Sauce, Apple Sauce, Roll, Milk Fresh Orange Slices, Wheat Thin Crackers, Milk	Whole Grain Rice Krispies, Banana, Milk Whole Grain Fish Sticks, Baked Beans, Slaw, Roll, Milk Fruit Yogurt, Graham Crackers, Water	Whole Grain Apple Cinnamon Cheerios, Apple Juice, Milk Taco Casserole w/ Ground Beef, Whole Grain Tortilla Chips, Cheddar Cheese Sauce, Salsa, Lettuce & Tomato, Milk Teddy Grahams, Milk
7	8	9	10	11
Oatmeal, Apple Juice, Milk Grilled Cheese on Whole Wheat, Tomato Soup, Mandarin Oranges, Milk Whole Grain Sunchips, Milk	Whole Grain Multigrain Chex, Grape Juice, Milk Chicken Alfredo w/ Steamed Broccoli, Enriched Pasta, Roll, Milk Enriched Oatmeal Cookie, Milk	Mini Pancakes, Orange Juice, Milk Cheeseburger on Whole Grain Bun, Potato Salad, Mixed Fruit Cup, Milk Whole Grain Chex Mix, Milk	NO STUDENTS Professional Development Workday	NO STUDENTS Professional Development Workday
14	15	16	17	18
CLOSED FOR HOLIDAY: COLUMBUS DAY	Whole Grain Fruit Swirls, Orange Juice, Milk Grilled Chicken, Whole Grain Vegetable Egg Rolls, Asian Whole Grain Brown Rice, Milk Apple Slices, Ritz Crackers, Milk	Oatmeal, Banana, Milk Turkey on Whole Grain Bun, Sunchips, Apple Slices, Milk Cheese Slices, Saltine Crackers, Water	Whole Grain Blueberry Muffin, Apple Juice, Milk Bologna & Cheese on Whole Wheat, Whole Grain Doritos, Mixed Fruit Cup, Milk Enriched Cookie, Milk	Whole Grain Cheerios, Banana, Milk Turkey Cold Cut Combo on Whole Wheat, Cheddar Sunchips, 1/2 Orange, Milk Cheese-itz, Milk
21	22	23	24	25
Whole Wheat Waffle, Grape Juice, Milk Meatballs & Gravy w/ Enriched Egg Noodles, Spinach, Whole Grain Roll, Milk Cucumbers, Ranch Dressing, Wheat Thins, Water	Oatmeal, Banana, Milk Turkey, Green Beans, Mashed Potatoes, Whole Grain Roll, Milk Whole Grain Cheddar Sunchips, Milk	Whole Grain Breaded Chicken, Whole Grain Biscuit, Apple Juice, Milk Vegetable Beef Soup, Saltine Crackers, Diced Pears, Milk Whole Grain Graham Crackers, 1/2 Banana, Milk	Whole Grain Cheerios, Banana, Milk Whole Grain Breaded Fish Square on Whole Grain Bun, Slaw, French Fries, Milk Fruit Yogurt, Wheat Thins, Milk	Whole Grain Frosty Flakes, Orange Juice, Milk Ham & Cheese on Whole Wheat, Whole Grain Doritos, Pineapple Tidbits, Milk Animal Cookies, Milk
28	29	30	31	
Scrambled Eggs, Whole Grain Roll, Orange Juice, Milk Chicken Noodle Soup, Grilled Cheese on Whole Wheat, Peaches, Milk Enriched Oatmeal Cookie, Milk	Whole Grain Cheerios, Apple Juice, Milk Enriched Macaroni & Beef Casserole, Side Salad, Corn, Whole Wheat Roll, Milk Apple Slices, Wheat Thins, Water	Breakfast Burrito, Grape Juice, Milk Chicken Pot Pie w/ Carrots, Peas, Diced Potatoes, Diced Pears, Milk Whole Grain Chex Mix, Milk	Oatmeal, Apple Juice, Milk Salisbury Steak, Green Beans, Potato Salad, Roll, Milk Celery Sticks, Ranch Dressing, Milk	Substitutions will be made for special nutritional needs. Turkey will be served to non-pork eaters. Menu is subject to change. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



Octubre 2024



Lunes

Martes

Miércoles

Jueves

Viernes

	1	2	3	4
<p>Desayuno: 6oz de leche, 4oz de fruta o verdura, 1 grano/pan. Se sirve Leche al 1%, Leche de Soya, Lactaid y/o Jugo.</p> <p>Almuerzo: 6 oz de leche, 2 frutas y/o vegetales, 1 grano/pan, 1 1/2 oz de carne/alternativa de carne. Se sirve Leche al 1%, Leche de Soya, Lactaid y/o Jugo.</p> <p>Merienda: 4oz de leche o jugo o fruta, 1 grano/pan. Se sirve Leche al 1%, Leche de Soja, Lactaid y/o Jugo.</p>	<p>Mini gofres integrales, jugo de naranja, leche</p> <p>Pastel de pollo con vegetales mixtos, duraznos en rodajas y leche</p> <p>Obleas Integrales De Vainilla, Plátano, Leche</p>	<p>Huevos duros, galletas integrales, jugo de uva, leche</p> <p>Ravioles Enriquecidos Con Salsa De Carne, Salsa De Manzana, Pan, Leche</p> <p>Rodajas de naranja fresca, galletas finas de trigo y leche</p>	<p>Krispies de arroz integral, plátano y leche</p> <p>Palitos de pescado integral, frijoles horneados, ensalada de repollo, panecillo y leche</p> <p>Yogur de frutas, galletas Graham, agua</p>	<p>Cheerios integrales de manzana y canela, jugo de manzana, leche</p> <p>Cazuela de tacos con carne molida, chips de tortilla integrales, salsa de queso cheddar, salsa, lechuga y tomate, leche</p> <p>Teddy Grahams, Leche</p>
7	8	9	10	11
<p>Avena, Zumo De Manzana, Leche</p> <p>Queso asado sobre trigo integral, sopa de tomate, mandarinas, leche</p> <p>Sunchips Integrales, Leche</p>	<p>Chex integral multigrano, jugo de uva, leche</p> <p>Pollo Alfredo con brócoli al vapor, pasta enriquecida, panecillo y leche</p> <p>Galleta De Avena Enriquecida, Leche</p>	<p>Mini Tortitas, Zumo De Naranja, Leche</p> <p>Hamburguesa con queso y pan integral, ensalada de papa, taza de frutas variadas y leche</p> <p>Mezcla Chex integral, leche</p>	<p>SIN ESTUDIANTES</p> <p>Jornada laboral de desarrollo profesional</p>	<p>SIN ESTUDIANTES</p> <p>Jornada laboral de desarrollo profesional</p>
14	15	16	17	18
<p>CERRADO POR VACACIONES: DÍA DE LA COLÓN</p>	<p>Remolinos de frutas integrales, zumo de naranja y leche</p> <p>Pollo a la parrilla, rollitos de huevo con vegetales integrales, arroz integral asiático, leche</p> <p>Rodajas De Manzana, Galletas Ritz, Leche</p>	<p>Avena, Plátano, Leche</p> <p>Pavo en pan integral, chips de sol, rodajas de manzana y leche</p> <p>Lonchas De Queso, Galletas Saladas, Agua</p>	<p>Muffin integral de arándanos, jugo de manzana y leche</p> <p>Bolonia y queso sobre trigo integral, doritos integrales, taza de frutas mixtas y leche</p> <p>Galleta Enriquecida, Leche</p>	<p>Cereales Integrales, Plátano, Leche</p> <p>Combo de embutidos de pavo sobre trigo integral, chips de queso cheddar, 1/2 naranja y leche</p> <p>Queso-itz, Leche</p>
21	22	23	24	25
<p>Waffle Integral, Jugo De Uva, Leche</p> <p>Albóndigas y salsa con fideos de huevo enriquecidos, espinacas, panecillo integral y leche</p> <p>Pepinos, aderezo ranchero, adelgazamiento de trigo y agua</p>	<p>Avena, Plátano, Leche</p> <p>Pavo, judías verdes, puré de patatas, panecillo integral, leche</p> <p>Chips de queso cheddar integrales y leche</p>	<p>Pollo empanizado integral, galleta integral, jugo de manzana, leche</p> <p>Sopa De Carne Con Verduras, Galletas Saladas, Peras Cortadas En cubitos, Leche</p> <p>galletas integrales graham, 1/2 Plátano, Leche</p>	<p>Cereales Integrales, Plátano, Leche</p> <p>Cuadrado de pescado empanizado integral sobre panecillo integral, ensalada de repollo, papas fritas y leche</p> <p>Yogur De Frutas, Licuado De Trigo, Leche</p>	<p>Copos helados integrales, zumo de naranja y leche</p> <p>Jamón y queso con trigo integral, doritos integrales, trocitos de piña y leche</p> <p>Galletas De Animales, Leche</p>
28	29	30	31	
<p>Huevos Revueltos, Pan Integral, Zumo De Naranja, Leche</p> <p>Sopa de pollo con fideos, queso asado sobre trigo integral, duraznos y leche</p> <p>Galleta De Avena Enriquecida, Leche</p>	<p>Cereales Integrales, Jugo De Manzana, Leche</p> <p>Macarrones enriquecidos con cazuela de carne, ensalada, maíz, panecillo integral y leche</p> <p>Rodajas de manzana, trigo diluido y agua.</p>	<p>Burito De Desayuno, Zumo De Uva, Leche</p> <p>Pastel de pollo con zanahorias, guisantes, papas cortadas en cubitos, peras cortadas en cubitos y leche</p> <p>Mientras mezcla Grain Chex, leche</p>	<p>Avena, Zumo De Manzana, Leche</p> <p>Filete Salisbury, Judías Verdes, Ensalada De Patatas, Panecillos, Leche</p> <p>Palitos De Apio, Aderezo Ranch, Leche</p>	<p>Se harán sustituciones para necesidades nutricionales especiales. Se servirá pavo a quienes no consuman carne de cerdo. El menú está sujeto a cambios. ESTA INSTITUCIÓN ES UN PROVEEDOR Y EMPLEADOR CON IGUALDAD DE OPORTUNIDADES</p>