








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Chicken & Rice or Cheesy French Bread*	3 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	4 Spaghetti & Meatballs (beef) or Zesty Chili* Corn Muffin	5 Garlex Pizza  Pepperoni, Cheese, Hawaiian, or Veggie*	6 
9 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	10 Mini Chicken Tacos or Baked Potato Bar* Doritos	11 Hot Dog (turkey) or Macaroni & Cheese*	12 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	13 **BRUNCH FOR LUNCH** Cheese Omelet Crispy Potatoes* or Crispy Chicken Sandwich Cool Tropics Slushie 
16 Chicken or Vegetable* Egg Roll & Rice or Cheesy Breadsticks* & Marinara Sauce	17 Chicken Drumstick & Potato Wedges or Cheese Quesadilla* Cinnamon Grahams	18 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie	19 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	20 Mini Twin Burgers (beef) or Bean & Cheese Burrito* TGIFriday's Crunchy Fries 
23 Teriyaki Chicken & Rice or Cheesy French Bread*	24 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara*	25 Spaghetti & Meatballs (beef) or Zesty Chili* Corn Muffin	26 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	27 Cheeseburger (beef) or Bean & Cheese Chalupa* Cinnamon Churro 
30 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie	31  Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie*	1 	2 Mini Chicken Tacos or Baked Potato Bar* Doritos	3 **BRUNCH FOR LUNCH** Cheese Omelet & Crispy Potatoes* or Crispy Chicken Sandwich

SALAD BAR

Fruit	Fruit	Fruit	Fruit	Fruit
Seasonal Fruit 1/2 cup	Apple Slices 1/2 cup	Orange Smiles 1/2 cup	Fruit Cups 1/2 cup	100% Fruit Juice 4oz
Dark Green Veg Crisp Romaine 1/2 cup	Other Veg Garden Salad 1/2 cup	Dark Green Veg Crisp Romaine 1/2 cup	Other Veg Garden Salad 1/2 cup	Dark Green Veg Crisp Romaine 1/2 cup
Red/Orange Veg Mini Carrots 1/4 cup	Red/Orange Veg Cherry Tomatoes 1/4 cup	Red/Orange Veg Mini Carrots 1/4 cup	Red/Orange Veg Cherry Tomatoes 1/4 cup	Red/Orange Veg Mini Carrots 1/4 cup
Starchy Veg Sweet Corn 1/4 cup	Beans Kidney or Garbanzo 1/4 cup	Other Veg Broccoli 1/4 cup	Beans Kidney or Garbanzo 1/4 cup	Starchy Veg Green Peas 1/4 cup
Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate	Milk 1% or Non-fat White Non-fat Chocolate

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Muffin* Applesauce or Raisins 100% fruit juice 4oz	Cinnamon Roll* Applesauce or Raisins 100% fruit juice 4oz	Banana Bread* Applesauce or Raisins 100% fruit juice 4oz	Dutch Waffle* Applesauce or Raisins 100% fruit juice 4oz	Mini Pancakes* Applesauce or Raisins 100% fruit juice 4oz

Also Available Daily at Breakfast:

-Cold Cereal, fruit, and milk

Also Available Daily at Lunch:

- Grilled Cheese Sandwich
- WowButter & Jelly Sandwich
- Yogurt & Granola
- Veggie Lunchable or Cheese and Fruit Cup



* = Vegetarian Options

****Celebrate October Birthdays on the 27th with a fun treat!!****

BREAKFAST \$2.00: Includes whole grain-rich entree, fruit or 100% fruit juice, and milk

LUNCH \$3.75: Includes whole grain-rich entree, salad bar, fruit, and milk
 A second milk may be purchased for \$0.50 or soy milk for \$1.00
 Bottled water may be purchased for \$0.50
 Lactose-Free milk available upon request

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

All meals meet USDA guidelines. Please keep student meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer. For more info please call us at 925-426-4417.