








| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 Teriyaki Chicken & Rice or Cheesy French Bread* | 3 Chicken Corn Dog & Tater Tots or Cheese Lasagna Marinara* | 4 Garlex Pizza  Pepperoni, Cheese, Hawaiian, or Veggie* | 5 Spaghetti & Meatballs (beef) or Zesty Chili* Corn Muffin | 6  |
| 9 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie | 10 Mini Chicken Tacos or Baked Potato Bar* Doritos | 11 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie* | 12 Hot Dog (turkey) or Macaroni & Cheese* | 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 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie* | 19 Orange Chicken & Rice or Nacho Cheese & Chips* Fortune Cookie | 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 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie* | 26 Spaghetti & Meatballs (beef) or Zesty Chili* Corn Muffin | 27 Cheeseburger (beef) or Bean & Cheese Chalupa* Cinnamon Churro  |
| 30 Chicken Tenders or Baja Fish Sticks Chocolate Chip Cookie | 31 Mini Chicken Tacos  or Baked Potato Bar* Doritos | 1  | 2 Garlex Pizza Pepperoni, Cheese, Hawaiian or Veggie* | 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.