



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Corn Dogs and Tots Cheese Quesadilla* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	2 Chicken Tacos Cheese Lasagna w/roll* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	3 Orange Chicken & Rice/Veg Cheesy French Bread* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	4 Pasta w/ Meatballs w/roll Grilled Cheese* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz
7 COOKIE DAY Popcorn Chicken Stuffed Shells w/Marinara* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	8 Chicken Drumsticks & Roll Nacho Bites* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	9 Chicken Patty & Bun Cheesy Nachos* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	10 Teriyaki Chicken w/Rice & Veg Veggie Pinwheels* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	11 Chicken Tacos Cheese Enchilada* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz
14 COLOR PAGE Twin Burgers Cheese Chalupa* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	15 WHOLE FRUIT ICE CUPS Chicken Hot Dog & Cheezits Cheese Tamale* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	16 STICKER DAY Chicken Tenders/ Potatoes Bean and Cheese Burrito* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	17 EAT THE RAINBOW SALAD BAR Buffalo Twin Sliders Mac & Cheese w/roll* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	18 COOKIE DAY Pepperoni Pizza Cheese Pizza* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz
21 Garlex Pizza (Cheese*, Pep, & Veggie*) Bread Stix & Marinara cup* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	22 Mini Corn Dogs and Tots Cheese Quesadilla* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	23 Chicken Tacos Cheese Lasagna w/roll* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	24 Orange Chicken & Rice/Veg Cheesy French Bread* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	25 Pasta w/ Meatballs w/roll Grilled Cheese* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz
28 Garlex Pizza (Cheese*, Pep, & Veggie*) Popcorn Chicken & Roll Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	29 Chicken Drumsticks & Roll Nacho Bites* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	30 Chicken Patty & Bun Cheesy Nachos* Hummus Lunchable* Yogurt and Sunrise Grahams* Assorted Milk 8 oz	31 HALLOWEEN COOKIE Teriyaki Chicken w/Rice & Veg Cheese Pinwheels* Apple and Cheese/ Crackers * Yogurt and Sunrise Grahams* Assorted Milk 8 oz	NO SCHOOL PROFESSIONAL DEVELOPMENT

Turkey & Cheese Sandwich Box & Sunbutter with Jelly Sandwich* offered daily. Ala-carte items for sale: Water \$0.50

BREAKFAST- \$2.00

Enjoy a Healthy Salad Bar Every Day

LUNCH- \$3.75

We offer a variety of fresh fruits and veggies weekly. This month's offering include: apples, pears, grapes, bananas, oranges, kiwi, mixed greens, baby carrots, edamame, chickpeas, cucumber & jicama sticks.

Students Must Take A Minimum of 1/2 cup fruit and/or vegetable

Milk = 1% or Non-fat White, Non-fat Chocolate, & Non-fat Strawberry

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 7 & 21 Dutch Waffle* Fruit and Juice	October 8 & 22 WG Cinnamon Crumble Coffee Cake* Fruit and Juice	October 9 & 23 Apple Frudel* Fruit and Juice	October 10 & 24 Muffin* Fruit and Juice	October 11 & 25 WG Cinnamon Roll* Fruit and Juice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 14 & 28 Pancake on a stick Fruit and Juice	October 1, 15 & 29 Yogurt And Crackers* Fruit and Juice	October 2, 16 & 30 French Toast* Fruit and Juice	October 3, 17 & 31 Pancakes* Fruit and Juice	October 4 & 18 Bagel & Cream Cheese* Fruit and Juice

Offered Daily: Cold Cereal, Milk & Graham Crackers or Yogurt with Sunrise Grahams

VEGETARIAN ITEMS*

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or

meal accounts current. CNS accepts cash, checks, or online payments which can be made at MySchoolBucks.com. CNS is an equal opportunity employer.

For meal accommodations due to allergies please complete the form on our website and email KPerusse@pleasantonusd.net.