





-  Vegetarian Option
-  Locally Sourced Product
-  Gluten Free
-  Contains Pork

OCTOBER 2017



 MEATLESS MONDAY	TASTY TUESDAY	WASTE-LESS WEDNESDAY	INTERNATIONAL THURSDAY	OVEN-LESS FRIDAY
Pizza Dippers w/ Marinara Sauce ✓ Celery Sticks Corn Asian Pears  <p style="text-align: right;">2</p>	Chicken Burger Shredded Lettuce Pickles Blueberries <p style="text-align: right;">3</p>	Nachos  ✓ Pico de Gallo Pinto Beans Apple Slices <p style="text-align: right;">4</p>	Chicken & Waffles Broccoli Raisins Peaches  <p style="text-align: right;">5</p>	Chinese Chicken Salad w/ Wonton Strips Edamame Red Bell Pepper Strips Frozen Strawberry Cup <p style="text-align: right;">6</p>
Mac & Cheese ✓ Power Salad Tomato Slices Blueberries  <p style="text-align: right;">9</p>	Chicken Nuggets & Sun Chips Broccoli Corn Asian Pears  <p style="text-align: right;">10</p>	Turkey Pepperoni Stromboli Zucchini Sticks Olives Apples  <p style="text-align: right;">11</p>	Turkey Enchilada Chili Lime Jicama Sticks Pinto Beans Diced Mangos <p style="text-align: right;">12</p>	Yogurt Parfait w/ Granola ✓ 4 Berry Mix Cucumber Coins Peas <p style="text-align: right;">13</p>
Cheese Pizza ✓ Power Salad Sliced Olives Apples  <p style="text-align: right;">16</p>	Oven Roasted Chicken  <i>w/ Cornbread</i> Mashed Potatoes Cowboy Beans Peaches <p style="text-align: right;">17</p>	Beef Mexi Melt Pico de Gallo Jalapeños & Carrots Blueberries <p style="text-align: right;">18</p>	Teriyaki Chicken & Brown Rice Edamame Red Bell Pepper Strips Bananas <p style="text-align: right;">19</p>	BBQ Chicken Salad & Tostito Scoops  Black Beans Corn Mixed Fruit <p style="text-align: right;">20</p>
Grilled Cheese Sandwich ✓ Tomato Slices Cucumber Coins Applesauce <p style="text-align: right;">23</p>	Chicken Nuggets & Sun Chips Power Salad Corn Mandarin Oranges <p style="text-align: right;">24</p>	Cheesy Chicken Burrito Shredded Lettuce Pico de Gallo Frozen Strawberry Cup <p style="text-align: right;">25</p>	Pulled Pork Sandwich  Coleslaw Cowboy Beans Pineapple <p style="text-align: right;">26</p>	Picnic Stix (<i>turkey stick, string cheese, & crackers</i>) Power Salad Olives Mixed Fruit <p style="text-align: right;">27</p>
Bean & Cheese Burrito ✓ Power Salad Jalapeños & Carrots Orange Slices  <p style="text-align: right;">30</p>	All Beef Hot Dog Cowboy Beans Olives Sliced Green Apples & Caramel Cup <p style="text-align: right;">31</p>			

 Prepay for meals online!
  Follow us on Instagram! @temecula_fresh_food
 STUDENT PRICE 2.50 ADULT PRICE 3.00

Additional entrée served daily: Yogurt & Granola ✓ • Additional Fruits and/or Vegetables served daily: X-Ray Vision Carrots • Also served daily: Juice (100% Juice), 1% White Milk or Non-fat Chocolate Milk

MENU SUBJECT TO CHANGE



✓ Vegetarian Option

BREAKFAST



STUDENT PRICE: 1.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate Chip Muffin ✓ Cinnamon Toasters Cereal w/ String Cheese ✓ Apricots	Chicken Sausage Biscuit Yogurt & Granola ✓ Blueberries	Egg, Cheese, Turkey Bacon Pocket Cinnamon Toasters Cereal w/ String Cheese ✓ Peaches	Egg & Turkey Sausage Burrito Yogurt & Granola ✓ Dried Cranberries	Cinnamon Roll ✓ Cinnamon Toasters Cereal w/ String Cheese ✓ Mixed Fruit

Also served daily: Applesauce, Juice (100% Juice), 1% White Milk or Non-fat Chocolate Milk (our milk & yogurt are GMO & rBST-free)

Breakfast is served at Temecula Elementary School, Vail Elementary School, Red Hawk Elementary School, and Nicolas Valley Elementary School



Halloween Treats



Find the following hidden words:

candy
cupcake
pumpkin
sweets
treat
trick
yum
gum
boo



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What do
ghosts like for
dessert?
I Scream!

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