

K-8 OVS Revised: 9/10/2021

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

\*Chicken Sandwich **4**  
 \*Hummus Grab N'Go  
 Gala Apple  
 Ranch Garbanzos

\*Bean & Cheese Burrito **5**  
 \*Turkey & Cheese Croissant  
 \*Hummus Grab N'Go  
 Cherry Applesauce  
 Sliced Bell Peppers

\*Cheese Pizza **6**  
 \*Italian Sub  
 Garden Salad  
 100% Fruit Juice

\*Broccoli, Bacon & Cheese **7**  
 Potato w/ Cornbread  
 \*Buffalo Chicken Salad  
 \*Hummus Grab N'Go  
 Potato Wedges  
 100% Fruit Juice

\*Soy-Bacon Mac & Cheese **1**  
 \*Chopped Chef Salad  
 \*Pizza Grab N'Go  
 Spiced Pears  
 Celery

FALL BREAK **11**

FALL BREAK **12**

FALL BREAK **13**

FALL BREAK **14**

Teacher in Service **8**

FALL BREAK **15**

\*Hamburger **18**  
 \*Peanut Butter Grab N' Go  
 Pickle  
 Pear

\*Cheesy Lasagna **19**  
 \*Turkey & Cheese Croissant  
 \*Peanut Butter Grab N' Go  
 GR Veggie Juice  
 Gala Apple

\*Cheese Pizza **20**  
 \*Italian Sub  
 Garden Salad  
 100% Fruit Juice

\*Chicken Alfredo w/ Peas **21**  
 \*Buffalo Chicken Salad  
 \*Peanut Butter Grab N' Go  
 Sweet & Sassy Pea Salad  
 Peaches & Strawberries

\*Walking Taco **22**  
 \*Chopped Chef Salad  
 \*Peanut Butter Grab N' Go  
 Go'Bonzos  
 Spiced Apples

\*Frijoles Con Queso **25**  
 w/ RF Rounds  
 \*Uncrustable PB&J  
 \*Protein Grab N' Go  
 Go'Bonzos  
 100% Fruit Juice

\*Chicken Nuggets **26**  
 \*Turkey & Cheese Croissant  
 \*Protein Grab N' Go  
 Elite Salad  
 Sour Apple Applesauce

\*Pepperoni Pizza **27**  
 \*Italian Sub  
 Garden Salad  
 Dole Mixed Fruit Cup

\*Chicken Pot Pie w/WG **28**  
 Biscuit  
 \*Buffalo Chicken Salad  
 \*Protein Grab N' Go  
 Carrots  
 Pear

\*Hot N' Sweet Popcorn **29**  
 Chicken  
 \*Chopped Chef Salad  
 \*Protein Grab N' Go  
 Sweet Potato Tots  
 Watermelon Applesauce

K-8 Offered 1/2 cup Fruit & Veggies Daily.

This institution is an equal opportunity provider.

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**Cinnamon Roll Day is October 4.** Start your day in a fun way with a cinnamon roll this month. Don't forget to add a glass of milk and a side of fruit to complete your meal!



\*Apple Jacks Cereal **4**  
 Strawberry Banana Applesauce  
 100% Fruit Juice

\*Bagel w/ Strawberry Cream Cheese **5**  
 Grape Escapes  
 100% Fruit Juice

\*Sausage Pancake Wrap **6**  
 Banana  
 100% Fruit Juice

\*Banana Super Slice Loaf **7**  
 Diced Pears  
 100% Fruit Juice

\*Pancakes w/ Syrup **1**  
 Granny Artic Apples  
 100% Fruit Juice

FALL BREAK **11**

FALL BREAK **12**

FALL BREAK **13**

FALL BREAK **14**

Teacher in service **8**

FALL BREAK **15**

\*Lucky Charms Cereal **18**  
 Cinnamon Applesauce  
 100% Fruit Juice

\*Cinnamon Pop Tart **19**  
 Raisins  
 100% Fruit Juice

\*NI Breakfast Sandwich **20**  
 Strawberry Apple Chips  
 100% Fruit Juice

\*Zucchini Super Slice **21**  
 Orange  
 100% Fruit Juice

\*Pancake Bowl w/ Strawberries **22**  
 100% Fruit Juice

\*Trix Cereal **25**  
 Gala Apple  
 100% Fruit Juice

\*Blueberry Muffin **26**  
 Pear-Berry Cup  
 100% Fruit Juice

\*Egg, Turkey & Cheese Tornado **27**  
 Banana  
 100% Fruit Juice

\*Carrot Bun **28**  
 Granny Artic Apples  
 100% Fruit Juice

\*Bagel w/ Strawberry Cream Cheese **29**  
 Orange Craisins  
 100% Fruit Juice