

# pre-school menu

Week of October 2 through October 6 (carbs)

Applesauce Cup (15) 1% White Milk (11)	Cheez Its (14) 1% White Milk (11)	Apple Slices & Cheese Stick (22/1) 1% White Milk (11)
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Week of October 9 through October 13



FALL BREAK

Week of October 16 through October 20

NO SCHOOL FOR STUDENTS TEACHER WORK DAY	Orange Slices (8) 1% White Milk (11)	Scooby Do Baked Graham Cracker Stix (21) 1% White Milk (11)
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Week of October 23 through October 27

Whole Grain Goldfish Crackers (14) 1% White Milk (11)	Grape Pack (13) 1% White Milk (11)	Oven Baked Mini Cheetos (17) 1% White Milk (11)
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October 30 & October 31

Box of Raisins (33) 1% White Milk (11)	Halloween Pumpkin Cookie (22) 1% White Milk (11)
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# 21<sup>st</sup> century Program / October

Santa Rosa, Maricopa Elementary & Saddleback

**Week of October 2 through October 6 (carbs)**

Baked Nacho Doritos (16) White or Flavored Milk (11)	Banana (33) White or Flavored Milk (11)	Cheez Its (14) Juice Box (15)	Strawberry Poptart / 1 count (38) White or Flavored Milk (11)
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**Week of October 9 through October 13**

**FALL BREAK**



**Week of October 16 through October 20**

<b>NO SCHOOL</b> Teachers Only	Goldfish Hot & Spicy (14) White or Flavored Milk (11)	Nutri-Grain Bar (21) White or Flavored Milk (11)	Cheez Puffs (14) White or Flavored Milk (11)
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**Week of October 23 through October 27**

Brownie (42) White or Flavored Milk (11)	Goldfish Pretzels (16) White or Flavored Milk (11)	Rice Krispy Treat (16) White or Flavored Milk (11)	Apple Slices & Cheese Stix (22/1) White or Flavored Milk (11)
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**October 30 and October 31**

Kettle Corn (21) White or Flavored Milk (11)	Halloween Pumpkin Cookie (22) White or Flavored Milk (11)
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# OCTOBER MENU K - 5



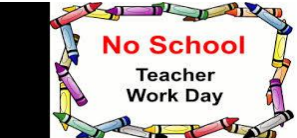
## Week of October 2 through October 6 (carbs)

Pancake & Sausage on Stick (23)	Breakfast Pizza (17)	Flatbread Brkfst Sandwich (17)	Biscuits & Gravy (29)	Mini Strawberry Bagels (41)
Hamburger on WW Bun (1/29) Ranch Style Beans (20) Salad Bar Banana (33) Mandarin Oranges (19)	Turkey Corn Dog (30) Sweet Corn (17) Salad Bar Applesauce (22) Fresh Pear (20)	Pizza Sticks/Dip (31/10) Green Beans (5) Salad Bar Fruit Cocktail (15) Fresh Strawberries (12)	Chicken Rings (12) WG Biscuit (25) Baked Tots (17) Salad Bar Orange Wedges (15) Peaches (15)	Mac & Cheese (29) Texas Toast (14) Fresh Steamed Veggies (6) Salad Bar SIDEKICK(20)Apple Wedges(15)

## Week of October 9 through October 13



## Week of October 16 through October 20

<b>NO SCHOOL</b> 	Banana Pancakes (37) Teriyaki Chicken w/LoMein Noodle Bowl (42) Steamed Broccoli (2) Salad Bar/Pineapple (20) Mandarin Oranges (19)	Oatmeal w/Fresh Berries (21/7) French Bread Pizza (34) Baked Beans (31) Salad Bar Jello w/Fruit (17/15) Small Apple (15)	Apple Frudel (36) Beef Sliders (21) Baked Sweet Potato Fries (32) Salad Bar Tropical Fruit (17) Fresh Melon (6)	Breakfast Burrito (32) Spaghetti & Meatballs (47/7) Garlic Toast (14) Green Beans (5) Salad Bar Grapes (13) Peaches (12)
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## Week of October 23 through October 27

Zippy Zucchini Bread (44) Mini Corn Dogs (33) Potato Salad (29) Ranch Beans (30) Salad Bar Pears (20) Banana ½ (17)	Chocolate Donut Pack (39) Boneless Wings (13) Baked Tots (17) Salad Bar Strawberries (12) Peaches (12)	Bacon & Cheese on Biscuit (25) Big Daddy Primo Pizza (36) Peas & Carrots (13) Salad Bar Applesauce (22) Orange Wedges (15)	Breakfast Pizza (17) Popcorn Chicken Bowl (32) Biscuit (31) Salad Bar SIDEKICK (20) Mixed Fruit (15)	Muffin (24)Juice Box (15) Mini Ravioli (31) Cheese Breadstick (24) Fresh Steamed Veggies (4) Pineapple (20) Juice Box (15)
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## October 30 & October 31

Banana Bread (44)	Maple Glazed French Toast (27)
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Bean & Cheese Burrito (46)  
 Corn (17) Mild Salad / Salad Bar  
 Fresh Grapes (13)  
 Applesauce (22)

**LUCKY TRAY**  
 Bat Nuggets (10) w/ Mashed Potatoes (16) Roll (15)  
 Salad Bar  
 Strawberry Cup (15) Peaches (12) Halloween Pumpkin Cookie (22)

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# OCTOBER MENU 6 – 8




## WEEK OF OCTOBER 2 THROUGH OCTOBER 6

Pancake & Sausage on Stick (23)	Breakfast Pizza (17)	Flatbread Brkfst Sandwich (7)	Biscuits & Gravy (29)	Mini Strawberry Bagels (41)
Pizza Sticks/Sauce Dip (31/10) Hot Dog on Bun (1/29) Baked Tots (17) Green Beans (5) Fresh Fruit & Salad Bar	Cheeseburger (31) Spicy Chicken on Bun (46) Ranch Beans (20) Fresh Fruit & Salad Bar	Asst Primo Pizza (36) Teriyaki Chicken Dippers (9) Roll (15) Sweet Corn (17) Fresh Fruit & Salad Bar	Chicken Nuggets (10) Salisbury Steak (4) Mashed Potatoes (16) WW Roll (15) Fresh Fruit & Salad Bar	Buffalo Chicken Pizza (35) Mini Corn Dogs (33) Sweet Potato Fries (32) Fresh Fruit & Salad Bar

## WEEK OF OCTOBER 9 THROUGH OCTOBER 13



## WEEK OF OCTOBER 16 THROUGH OCTOBER 20

NO SCHOOL	Banana Pancakes (37)	Oatmeal w/Fresh Berries (21/7)	Apple Frudel (36)	Breakfast Burrito (32)
	Mac & Cheese (29) Pretzel (30) Baked Potato (42) w/Chili & Cheese (36/6) Roll (15) Broccoli (2) Cheese (6) (opt.) Fresh Fruit & Salad Bar	Asst Primo Pizza (33) Grilled Chicken on Bun (1/29) Baked Wedges (17) Fresh Fruit & Salad Bar	Nacho Bites (32) Taco in a Bag (23) Sweet Corn (17) Fresh Fruit & Salad Bar	Asst Primo Pizza (33) Chicken Tenders (17) Roll (15) Buffalo Sauce Baked Sweet Potato Tots (32) Fresh Fruit & Salad Bar

## WEEK OF OCTOBER 23 THROUGH OCTOBER 27

Zippy Zucchini Bread (44)	Chocolate Donut Pack (39)	Bacon & Cheese on Biscuit (25)	Breakfast Pizza (17)	Muffin (24) Juice Box (15)
Asst Primo Pizza (33) Teriyaki Chicken/Rice (14/55) Broccoli (2)	(2) Bean & Cheese Tostada (26) Super Nachos (51)	Asst French Bread Pizza (34) (2) Beef Sliders (21) Baked Beans (31)	Spicy Chicken Salad (17) w/Garlic Toast (14)	Asst Primo Pizza (33) Sandwich Bar Baked Tots (17)

Fresh Fruit & Salad Bar	(Turkey Taco Meat, Refried Beans, Tortilla Chips) Corn (17) Fresh Fruit & Salad Bar	Fresh Fruit & Salad Bar SIDEKICK (20)	Chicken Patty w/Swiss on Bun w/ Marinara (17/29/7) Ranch Beans (20) Cole Slaw Fresh Fruit & Salad Bar	Fresh Fruit & Salad Bar
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**OCTOBER 30 & OCTOBER 31**

Banana Bread (44) Asst Primo Pizza (33) Hot Ham & Cheese on Pretzel Bun (36) Sweet Potato Fries (25) Fresh Fruit & Salad Bar	Maple Glazed French Toast (27) Mini Corn Dogs (33) / Chips (16) Lasagna/Garlic Toast (24/15) Green Beans (5) Fresh Fruit & Salad Bar/ Halloween Pumpkin Cookie (22)
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# OCTOBER MENU 9-12



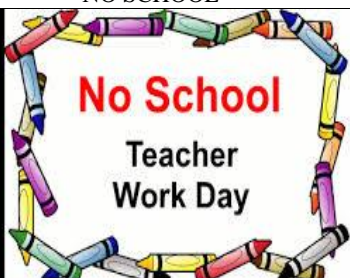
**OCTOBER 2 THROUGH OCTOBER 6**

Ham & Cheese Bar (8) <b>RAM CART:</b> Baked Potato Bar <b>RAM CAFÉ:</b> Spicy Chicken on Bun (46) Fries (17) & Fruit Domino's Pizza Jalapeno Burger (31) Teriyaki Chicken Strips (9) Baked Tots (17) Fresh Fruit & Salad Bar	Powdered Donut Pack (41) <b>RAM CART:</b> Nacho Bar <b>RAM CAFÉ:</b> Hot Pocket (36) Corn on the Cob (18) & Fruit Asst Primo Pizza (36) Beans (30) Sweet & Sour Chicken (18) w/Asian Rice (42) Broccoli (2) Fresh Fruit & Salad Bar	Muffin (26) Yogurt (34) <b>RAM CART:</b> Taco Bar <b>RAM CAFÉ:</b> Nacho Bites (8 serv/32) Tots (17) & Fruit Domino's Pizza Turkey Sausage/Scrambled Eggs (1) Salsa/Hot Sauce/Biscuit (31) Hot Dog on Bun (1/20) Baked Tots (17) Fresh Fruit & Salad Bar/SIDEKICK	Biscuits & Gravy (29) <b>RAM CART:</b> Nacho Bar <b>RAM CAFÉ:</b> Mini Corn Dogs (30) Fries (17) & Fruit Asst Primo Pizza (36) Turkey & Gravy/Roll (2/15) Chicken Strips/Roll (17/15) Mashed Potatoes (16) Carrots (7) Fresh Fruit & Salad Bar	Egg & Bacon on Croissant (1/29) <b>RAM CART:</b> Sandwich Bar <b>RAM CAFÉ:</b> Cheeseburger (31) Fries (17) & Fruit Domino's Pizza Doritos Taco in a Bag (23) Homemade Bean Burrito w/ or w/o Green Sauce (58/16) Corn & Black Bean Salad (17) Fresh Fruit & Salad Bar
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**OCTOBER 9 THROUGH OCTOBER 13**



**OCTOBER 16 THROUGH OCTOBER 20**

<p align="center">NO SCHOOL</p>  <p align="center"><b>No School Teacher Work Day</b></p>	<p>French Toast Stix/Syrup (14/43)</p> <p><b>RAM CART:</b> Nacho Bar</p> <p><b>RAM CAFÉ:</b> Chicken Nuggets (1) Mini Muffin (28) Fries &amp; Fruit Asst Primo Pizza (36) Chicken Patty &amp; Swiss on Bun w/ Marinara (17/29/7) Spicy Chicken Salad w/Garlic Toast (17/14) Potato Wedges (19) Fresh Fruit &amp; Salad Bar</p>	<p>Cheese Omelet w/ Tots (1/17)</p> <p><b>RAM CART:</b> Taco Bar</p> <p><b>RAM CAFÉ:</b> Teriyaki Chicken Strips (9) Fries &amp; Fruit Domino's Pizza / Corn (17) Lemongrass Chicken (1) Chow Mein (1 cup 38) Asian Sitr Fry Vegetables (5) Beef Mac/Texas Toast (36/14) Sweet Corn (17) Fresh Fruit &amp; Salad Bar</p>	<p>Banana Bread Slice (44)</p> <p><b>RAM CART:</b> Nacho Bar</p> <p><b>RAM CAFÉ:</b> Hot Wings (1) Biscuit/Corn &amp; Fruit Asst Primo Pizza (36) Chicken &amp; Dumplings (23) Lasagna Rolls (22) Texas Toast (23) Green Beans (5) Fresh Fruit &amp; Salad Bar</p>	<p>Chocolate Donut Pack (39)</p> <p><b>RAM CART:</b> Sandwich Bar</p> <p><b>RAM CAFÉ:</b> Hot Dog on Bun (23) Sweet Potato Tots (33) Fruit Domino's Pizza Jalapeno Burger (31) Chkn Cesar Salad/Breadstix (25) Baked Beans (31) Fresh Fruit &amp; Salad Bar Chocolate Chip Cookie</p>
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**OCTOBER 23 THROUGH OCTOBER 27**

<p>Zippy Zucchini Bread (44)</p> <p><b>RAM CART:</b> Baked Potato Bar</p> <p><b>RAM CAFÉ:</b> Spicy Chicken on Bun (17/29) Baked Tots (20) Fruit Domino's Pizza Teriyaki Chicken (14) Asian Rice (42) Broccoli (2) Burrito Bowl (1/14) Rice (32) Shredded Lettuce/Tomato Guacamole Fresh Fruit &amp; Salad Bar</p>	<p>Breakfast Burrito (32)</p> <p><b>RAM CART:</b> Nacho Bar</p> <p><b>RAM CAFÉ:</b> Flamebroiled Hamburger (1/29) Pickle Spear (.7) Baked Sweet Potato Fries (25) &amp; SIDEKICK (20) Asst Primo Pizza (36) Cesar Salad/Texas Toast (21/14) Chicken Nuggets (10) Mini Muffin (24) Baked Sweet Potato Fries (25) Fresh Fruit &amp; Salad Bar</p>	<p>Turkey Links/Hashbrown (20)</p> <p><b>RAM CART:</b> Taco Bar</p> <p><b>RAM CAFÉ:</b> Cheese Filled Breadstix (32) w/Marinara (7) Baked Tots &amp; Fruit Domino's Pizza Popcorn Chicken Bowl w/Biscuit (32/31) Sweet Corn (17) Fresh Fruit &amp; Salad Bar</p>	<p>Asst Poptarts (37)</p> <p><b>RAM CART:</b> Nacho Bar / Sides include Guacamole</p> <p><b>RAM CAFÉ:</b> Mini Corn Dogs (30) Fries &amp; Fruit Asst Primo Pizza (36) (2) Beef Tacos (23) Chili in Breadbowl (36/28) Baked Tots Fresh Fruit &amp; Salad Bar</p>	<p>Bagel w/Crème Cheese (29/6)</p> <p><b>RAM CART:</b> Sandwich Bar</p> <p><b>RAM CAFÉ:</b> Nacho Bites Corn on the Cob &amp; Fruit Domino's Pizza Grande Hot Dog on Bun (23) Flambroiled Hamburger on Bun (1/29) Bag of Chips (16) Ranch Beans (20) Fresh Fruit &amp; Salad Bar Pudding Cup</p>
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**OCTOBER 30 AND OCTOBER 31**

<p>Egg &amp; Bacon on Croissant (1/29)</p>	<p>Cheese Omelet w/ Tots (1/17)</p>
<p><b>RAM CART:</b> Baked Potato Bar</p>	<p><b>RAM CART:</b> Nacho Bar</p>

**RAM CAFÉ:** Hot Ham & Cheese on Pretzel Bun (36)  
Baked Chips (16) Veggie Stix/Dip & Fruit  
Domino's Pizza  
Homemade Chicken Burrito w/or without Green Sauce (28/16)  
Boneless Wings/Roll  
Hot Sauce  
Baked Beans (31)  
Fresh Fruit & Salad Bar

**RAM CAFÉ:** Grilled Chicken on Bun (1/29)  
Marinara (Optional) (7)  
Asst Primo Pizza (36)  
Buffalo Chicken Strips (17)  
Biscuit (32)  
BBQ Glazed Chicken (6) w/Biscuit (32)  
Baked Tots (17)  
Fresh Fruit & Salad Bar  
Halloween Pumpkin Cookie

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