

# OCTOBER MENU- SECONDARY SCHOOLS

*Mondays*

**Breakfast Pizza  
or  
Whole Grain Muffin  
(V)**  
-----

**Orange Chicken with  
Hawaiian Brown  
Rice  
or  
Chicken Caesar  
Salad  
or  
Spicy Chicken Wrap**

*Tuesdays*

**Crispito  
or  
Yogurt Bento Box  
(V)**  
-----

**Chicken Alfredo with  
Caesar Salad  
or  
Entree House Salad  
(V)  
or  
Bean & Cheese  
Burritos**

*Wednesdays*

**Breakfast Burrito  
or  
Pancake Pup**  
-----

**Spicy Breaded  
Chicken Drumstick  
or  
Chicken Caesar  
Salad  
or  
Spicy Chicken Wrap**

*Thursdays*

**Crispito  
or  
Yogurt Bento Box (V)**  
-----

**Cheeseburger  
or  
Entree House Salad  
(V)  
or  
Bean & Cheese  
Burritos**

*Fridays*

**Turkey Chorizo  
Bagel  
or  
Whole Grain Muffin  
(V)**  
-----

**Spicy Chicken  
Sandwich  
or  
Chicken Caesar  
Salad  
or Pepperoni Pizza  
or Cheese Pizza (V)**

## **Free Meals for All!**

Breakfast and lunch  
remain free to ALL  
students at ALL  
schools for the 2022-  
2023 school year!

*Breakfast Options  
include:*

listed entree or whole-  
grain cereal with  
graham crackers, and  
variety of fresh fruit  
and milk.

*Lunch Options*

A variety of fresh fruits and  
vegetables, side salad and  
choice of fresh milk will be  
offered daily with all lunch  
entrees.

**CENTRAL  
KITCHEN**

All meals include fat-free or low-fat milk. Items noted with (V) are vegetarian.

Due to major supply chain issues, entrees or sides may be substituted due to limited availability.  
This institution is an equal opportunity employer and provider. Menus subject to change.