



BREAKFAST

All breakfasts include the choice of fresh fruit, and milk.

OCTOBER 2017

Sequoia Outdoor Cafe



LUNCH

All lunches include a Vegetable option with fresh fruits, and choice of milk.

NATIONAL SCHOOL LUNCH WEEK

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Monday

BREAKFAST: **2**
 MULTI GRAIN SWEET
 POTATO ROLL
 JUICE 4OZ

LUNCH:
 SPICY POPCORN CHICKEN SALAD
 UNCRUSTABLE & STRING CHEESE
 CELERY STICKS

Tuesday

BREAKFAST: **3**
 PB&J UNCRUSTABLE
 FRUIT CUP

LUNCH:
 MOZARELLA STICKS
 TACOS STICKS
 CHEF SALAD & CARROT STICKS

Wednesday

BREAKFAST: **4**
 PANCAKE ON A STICK
 JUICE 4 OZ

LUNCH:
 FRUIT SALAD & NUTRIGRAIN BAR
 UNCRUSTABLE
 STRING CHEESE & CELERY

Thursday

BREAKFAST: **5**
 COFFEE CAKE
 STRING CHEESE
 FRUIT CUP

LUNCH:
 FAJITA CHICKEN SALAD & CHIPS
 WARM PRETZELS & CHEESE DIP
 CARROT STICKS

Friday

BREAKFAST: **6**
 CINNAMON ROLL
 JUICE 4OZ

LUNCH:
 YOGURT PARFAIT & GRANOLA
 TURKEY CHEF SALAD
 SUNCHIPS & JICAMA

BREAKFAST: **9**
 MULTI GRAIN SWEET
 POTATO ROLL
 FRUIT CUP

LUNCH:
 CORN DOG
 UNCRUSTABLE
 STRING CHEESE & GARDEN SALAD

BREAKFAST: **10**
 SAUSAGE & CHEESE
 MUFFIN
 FRUIT CUP

LUNCH:
 FAJITA CHICKEN SALAD & CHIPS
 TACOS STICKS
 CARROT STICKS

BREAKFAST: **11**
 FRUIT & GRAIN BAR
 JUICE 4OZ

LUNCH:
 FRUIT SALAD & NUTRIGRAIN BAR
 UNCRUSTABLE
 STRING CHEESE & CELERY

BREAKFAST: **12**
 MUFFIN
 STRING CHEESE

LUNCH:
 FAJITA CHICKEN SALAD
 RIB-A-QUE SANDWICH
 JICAMA STICKS

BREAKFAST: **13**
 CINNAMON ROLL
 JUICE 4OZ

LUNCH:
 YOGURT PARFAIT & GRANOLA
 CHEF SALAD W/ TURKEY
 CELERY

BREAKFAST: **16**
 MULTI GRAIN SWEET
 POTATO ROLL
 JUICE 4OZ

LUNCH:
 SPICY POPCORN CHICKEN SALAD
 UNCRUSTABLE & STRING CHEESE
 CELERY STICKS

BREAKFAST: **17**
 PB&J UNCRUSTABLE
 FRUIT CUP

LUNCH:
 MOZARELLA STICKS
 TACOS STICKS
 CHEF SALAD & CARROT STICKS

BREAKFAST: **18**
 PANCAKE ON A STICK
 JUICE 4 OZ

LUNCH:
 FRUIT SALAD & NUTRIGRAIN BAR
 UNCRUSTABLE
 STRING CHEESE & CELERY

BREAKFAST: **19**
 COFFEE CAKE
 STRING CHEESE
 FRUIT CUP

LUNCH:
 FAJITA CHICKEN SALAD & CHIPS
 WARM PRETZELS & CHEESE DIP
 CARROT STICKS

BREAKFAST: **20**
 CINNAMON ROLL
 JUICE 4OZ

LUNCH:
 YOGURT PARFAIT & GRANOLA
 TURKEY CHEF SALAD
 SUNCHIPS & JICAMA

BREAKFAST: **23**
 MULTI GRAIN SWEET
 POTATO ROLL
 FRUIT CUP

LUNCH:
 CORN DOG
 UNCRUSTABLE
 STRING CHEESE & GARDEN SALAD

BREAKFAST: **24**
 SAUSAGE & CHEESE
 MUFFIN
 FRUIT CUP

LUNCH:
 FAJITA CHICKEN SALAD & CHIPS
 TACOS STICKS
 CARROT STICKS

BREAKFAST: **25**
 FRUIT & GRAIN BAR
 JUICE 4OZ

LUNCH:
 FRUIT SALAD & NUTRIGRAIN BAR
 UNCRUSTABLE
 STRING CHEESE & CELERY

BREAKFAST: **26**
 MUFFIN
 STRING CHEESE

LUNCH:
 FAJITA CHICKEN SALAD
 RIB-A-QUE SANDWICH
 TORTILLA CHIPS & RAINBOW SALSA

BREAKFAST: **27**
 CINNAMON ROLL
 JUICE 4OZ

LUNCH:
 YOGURT PARFAIT & GRANOLA
 CHEF SALAD W/ TURKEY
 BIRTHDAY CELEBRATION & CELERY

BREAKFAST: **30**
 MULTI GRAIN SWEET
 POTATO ROLL
 JUICE 4OZ

LUNCH:
 SPICY POPCORN CHICKEN SALAD
 UNCRUSTABLE & STRING CHEESE
 CELERY STICKS

BREAKFAST: **31**
 PB&J UNCRUSTABLE
 FRUIT CUP

LUNCH:
 MOZARELLA STICKS
 TACOS STICKS
 CHEF SALAD & CARROT STICKS



PAID BREAKFAST K-8	\$1.25
REDUCED BREAKFAST	\$0.30
ADULT BREAKFAST	\$2.10
MILK	\$0.30



This Institution is an Equal Opportunity Provider.

PAID LUNCH K-8	\$2.60
REDUCED LUNCH	\$0.40
ADULT LUNCH	\$3.75
MILK	\$0.30