

Archdiocese School Food Service
Breakfast Menu K-8

October 2022

All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt & Graham Crackers Fresh Fruit Whole Fruit Milk	4 Coco Puffs Cereal Whole Grain Crackers Fresh Fruit Whole Fruit Milk	5 Blueberry Muffin Fresh Fruit Whole Fruit Milk	6 Cinnamon French Toast Fresh Fruit Whole Fruit Milk	7 Coffee Cinnamon Crumble Fresh Fruit Whole Fruit Milk
10 Mexican Concha Fresh Fruit Whole Fruit Milk	11 Trix Cereal Whole Grain Crackers Fresh Fruit Whole Fruit Milk	12 Bagel & Cream Cheese Fresh Fruit Whole Fruit Milk	13 Pancakes (2) Fresh Fruit Whole Fruit Milk	14 String Cheese & Strawberry Nutrigrain Bar Fresh Fruit Whole Fruit Milk
17 Banana Muffin Fresh Fruit Whole Fruit Milk	18 Lucky Charms Cereal Whole Grain Crackers Fresh Fruit Whole Fruit Milk	19 Blueberry Muffin Fresh Fruit Whole Fruit Milk	20 Egg & Soyrito Breakfast Burrito Fresh Fruit Whole Fruit Milk	21 Coffee Cinnamon Crumble Fresh Fruit Whole Fruit Milk
24 Mexican Concha Fresh Fruit Whole Fruit Milk	25 Pancakes (2) Fresh Fruit Whole Fruit Milk	26 Mini Bagel & Sunbutter Fresh Fruit Whole Fruit Milk	27 Coco Puffs Cereal Whole Grain Crackers Fresh Fruit Whole Fruit Milk	28 String Cheese & Graham Crackers Fresh Fruit Whole Fruit Milk
31 Yogurt & Graham Crackers Fresh Fruit Whole Fruit Milk				

Menu subject to change without notice.

Menu items may change due to supply chain issues, including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

This institution is an equal opportunity provider.

Archdiocese School Food Service
Lunch Menu K-8

October 2022

All entrees served with choice of 1% milk, fat free unflavored or flavored milk. All grain items offered are Whole Grain Rich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beans & Peas	Red & Orange	Starchy	Dark Green	Other Vegetables
3 Chicken Tamal w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	4 Ham & Cheese Panini Sandwich (cold) w/ Carrot Sticks (3/4c) Fresh Fruit Milk	5 Chicken Nuggets w/ Whole Kernel Corn (3/4c) Fresh Fruit Milk	6 Chef Turkey & Ham Salad w/ Wheat Dinner Roll 100% Fruit Juice Milk	7 Bean & Cheese Burrito w/ Carrot Sticks (3/4c) Fresh Fruit Milk
10 Chicken Mole w/ Spanish Rice (3/4c) Pinto Beans (3/4c) 100% Fruit Juice Milk	11 Caesar Chicken Tortilla Wrap w/ Carrot Sticks (3/4c) Fresh Fruit Milk	12 Chicken & Waffles w/ Mashed Potatoes (3/4c) Fresh Fruit Milk	13 COLD Cajun Chicken Pasta Salad w/ Broccoli Salad (1c) 100% Fruit Juice Milk	14 Italian, Turkey, Ham & Cheese Hoagie Sandwich w/ Carrot Sticks (3/4c) Fresh Fruit Milk
17 Beef & Cheese Nachos w/ Pinto Beans (3/4c) 100% Fruit Juice Milk	18 Santa Fe Chicken Salad w/ Wheat Dinner Roll Fresh Fruit Milk	19 Turkey Hot Dog on Bun Whole Kernel Corn (3/4c) Fresh Fruit Milk	20 Oriental Chicken Tortilla Wrap w/ Broccoli Salad (3/4c) 100% Fruit Juice Milk	21 Honey BBQ Wings w/ Dinner Roll Carrot Sticks (3/4c) Fresh Fruit Milk
24 Beef & Bean Chili (1c) w/ Dinner Roll Whole Kernel Corn (1/2c) 100% Fruit Juice Milk	25 COLD Marinara Cheese Pasta Salad w/ Carrot Sticks (3/4c) Fresh Fruit Milk	26 Pepper Jack Cheeseburger w/ Tater Tots (3/4c) Fresh Fruit Milk	27 Chef Turkey & Ham Salad w/ Wheat Dinner Roll 100% Fruit Juice Milk	28 Turkey & Cheese Hoagie Sandwich w/ Carrot Sticks (3/4c) Fresh Fruit Milk
31 Chicken Quesadilla w/ Spanish Rice (1/2c) Pinto Beans (3/4c) 100% Fruit Juice Milk				

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