



# Nutrition Menu

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	Homecoming Cookout! 6	7
	<b>Breakfast:</b> Cereal, bananas <b>Lunch:</b> Chicken nuggets, fries, apples	<b>Breakfast:</b> Eggs, biscuit, mixed fruit <b>Lunch:</b> Taco stuffed peppers, mixed vegetables, mixed fruit	<b>Breakfast:</b> Pancake bake, mixed berries <b>Lunch:</b> Chicken legs, corn, mixed fruit, roll	<b>Breakfast:</b> Yogurt parfait, berries <b>Lunch:</b> KFC bowl, mixed fruit, salad	<b>Breakfast:</b> Breakfast sandwich <b>Lunch:</b> Burgers, hot dogs, fruit & vegetables	
8	9	10	11	12	13	14
	<b>Breakfast:</b> Cereal, fruit <b>Lunch:</b> Mexican street corn tacos, salad, apples	<b>Breakfast:</b> Biscuits & gravy, bananas <b>Lunch:</b> Steak fried rice, peas, mixed fruit	<b>Breakfast:</b> French toast, berries <b>Lunch:</b> DIY Lunchables, carrots, mixed fruit	<b>Breakfast:</b> Yogurt parfait, berries <b>Lunch:</b> Burgers, fries, peaches	<b>Breakfast:</b> Breakfast sandwich, fruit <b>Lunch:</b> Leftovers, fruit & vegetables	
15	16	17	18	19	20	21
	<b>Breakfast:</b> Cereal, mixed fruit <b>Lunch:</b> Meatball subs, broccoli slaw, mixed fruit	<b>Breakfast:</b> Muffin string cheese, bananas <b>Lunch:</b> Poor man's breakfast, berry salad, hashbrowns	<b>Breakfast:</b> Pancake bake, berries <b>Lunch:</b> Pizza grilled cheese, carrots, mixed fruit	<b>Breakfast:</b> Yogurt parfait, berries <b>Lunch:</b> Guatemala TBD!	<b>Breakfast:</b> Breakfast sandwich, fruit <b>Lunch:</b> Leftovers, fruit & vegetables	
22	23	24	25	26	27	28
	<b>Breakfast:</b> Cereal, mixed fruit <b>Lunch:</b> Breakfast totchos, mixed fruit	<b>Breakfast:</b> Strawberry bagel, mixed fruit <b>Lunch:</b> Chicken shawarma, salad, mixed fruit	<b>Breakfast:</b> Breakfast bar, bananas <b>Lunch:</b> Chicken caesar sandwich, fries, mixed fruit	No School Parent Teacher Conferences		
29	30	31	Menus are subject to change. Breakfast and lunch served with chocolate or skim, low-fat or 1% white milk & 100% juice.			
	<b>Breakfast:</b> Cereal, fruit <b>Lunch:</b> Philly cheesesteak enchiladas, corn salad, mixed fruit	<b>Breakfast:</b> Pumpkin french toast, berries <b>Lunch:</b> Chili or chicken noodle soup, cinnamon roll, mixed fruit & vegetables	Essex is an Equal Opportunity Employer			

Menus are subject to change.  
Breakfast and lunch served with chocolate or skim, low-fat or 1% white milk & 100% juice.

Essex is an Equal Opportunity Employer

