

# OCTOBER

## Elementary Menu



# ANNOUNCEMENTS

### MONTHLY PROMOTION

Check out our new website, NutriSlice. This website allows for you to build your child's menu for the day, keep track of calorie intake and much more! Go to [nugd.nutrislice.com](http://nugd.nutrislice.com)!

### Did you know?

Red and orange vegetables, such as pumpkin, are nutritional superstars! Carving a Jack-O-Lantern this Fall? Save those pumpkin seeds and roast them for a delicious and nutritious snack!



**YSFE** This institution is an equal opportunity provider.

### Questions or Comments?

Ed Banuelos, Director of Dining Services  
Phone: 520-287-0800 ext 2520



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**2 Breakfast**  
Froot Loops Cereal

**Lunch**  
Turkey & Cheese Sandwich  
Chicken Alfredo  
Beef Corn Tacos  
Veggie of the Day

**3 Breakfast**  
French Toast Sticks

**Lunch**  
Cheese Stuffed Breadstick  
Small Crispy Chicken Salad  
Hamburger  
Veggie of the Day

**4 Breakfast**  
Scrambled Eggs

**Lunch**  
Baked Rotini  
Ham & Cheese Pita  
Cheesy Beef Quesadilla  
Veggie of the Day

**5 Breakfast**  
Trix Cereal Bar

**Lunch**  
Beef Lasagna  
Chicken Teriyaki  
Grilled Cheese w/soup  
Veggie of the Day

**6 Breakfast**  
Cherry Frudel

**Lunch**  
Pepperoni Pizza  
Popcorn Chicken  
Veggie of the Day

**9**

**10**

**11**

**12**

**13**



# Fall Break



**16 Breakfast**  
Trix Cereal

**Lunch**  
Large Chicken Salad  
Cheese Chilaquiles  
Corn Dog  
Veggie of the Day

**17 Breakfast**  
Chocolate Chip Muffin

**Lunch**  
Cheeseburger  
Chicken Ranch Wrap  
Beef Corn Tacos  
Veggie of the Day

**18 Breakfast**  
Cinnamon Roll

**Lunch**  
Beefy Nachos  
Spaghetti meat sauce  
Small Chef Salad  
Veggie of the Day

**19 Breakfast**  
Sliced Bagel

**Lunch**  
Orange Chicken  
Macaroni & Cheese  
Ham, Turkey & Cheese Sandwich  
Veggie of the Day

**20 Breakfast**  
Waffle Stix

**Lunch**  
Pepperoni Pizza  
Turkey melt  
Veggie of the Day

**23 Breakfast**  
Frosted Flakes Cereal

**Lunch**  
Chicken Flautas  
Chicken Alfredo  
Ham & Cheese Sandwich  
Veggie of the Day

**24 Breakfast**  
Apple Cinnamon Breakfast Bar

**Lunch**  
Popcorn Chicken w/roll  
Chicken Mole  
Ham & Cheese Wrap  
Veggie of the Day

**25 Breakfast**  
Breakfast on a stick

**Lunch**  
Chicken Sandwich  
Italian Chicken Pasta Primavera  
Crunchy Chicken Salad  
Veggie of the Day

**26 Breakfast**  
Apple Frudel

**Lunch**  
Turkey & Cheese Sandwich  
Sweet & Sour Chicken  
Cheese Enchilada  
Veggie of the Day

**27 Breakfast**  
Banana Muffin

**Lunch**  
Pepperoni Pizza  
Hot Dog  
Veggie of the Day

**30 Breakfast**  
Cocoa Puff Cereal

**Lunch**  
Chicken Tenders  
Beef Teriyaki & Broccoli  
Ham & Cheese Pita  
Veggie of the Day

**31 Breakfast**  
French Toast Sticks

**Lunch**  
Chicken Fajitas  
Cheeseburger  
Ham, Turkey & Cheese Sandwich  
Veggie of the Day



\*Vegetarian Option (or vegetarian upon request)

Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast

