

YOUSD K-5 OCTOBER MENU

1 SPY SPOOKY FUN!

On this page, I see 2 mummies, 2 joyful ghosts, 3 soaring bats, 2 concealed cats, 3 cheerful pumpkins, 4 lively skeletons, and 5 watchful skulls.

Helpful Hints are on the second page

MONDAY

6



TUESDAY

7

Breakfast
Loaded Breakfast Burrito or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Pepperoni Pizza or Cheese Pizza
Offered with each Choice
Steamed Green Beans
Cookie

WEDNESDAY

1

Breakfast
Raspberry PBJ or Sun Butter & Fruit topping Or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Pepperoni Hot Pocket or Cheese Wedge Pizza
Offered with each Choice
Potato Wedges

THURSDAY

2

Breakfast
Biscuit Breakfast Bowl or Cereal
Offered with each choice
Banana/Juice
Lunch
Chicken Fried Chicken & Potatoes or Grilled Cheese Sandwich
Offered with each Choice
Steamed Mixed Veggies

FRIDAY

3



10

Breakfast
Fresh Cinnamon Rolls or Cereal
Offered with each choice
Apples/Juice
Lunch
Beef Taco or Bean & Cheese Burrito
Offered with each Choice
Steamed Corn

13

Breakfast
French Toast Sticks or Cereal
Offered with each choice
Assorted Fruit Cup/Juice
Lunch
Chicken Nuggets or Cheese Bites
Offered with each Choice
Tater Tots

14

Breakfast
Cheese Omelet w/ Biscuit or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Swiss Dunker Sandwich or Spaghetti w/ Cheese
Offered with each Choice
Steamed Green Beans

15

Breakfast
Strawberry Parfait w/ Graham or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
BBQ Chicken Bomb or Veggie Wrap
Offered with each Choice
Curly Fries

16

Breakfast
Assorted Scone & Yogurt or Cereal
Offered with each choice
Banana/Juice
Lunch
Turkey & Gravy w/ Potatoes or PBJ & Sun Butter Sandwich w/ cheesestick
Offered with each Choice
Steamed Mixed Veggies

17

Breakfast
Pizza Puff or Cereal
Offered with each choice
Apples/Juice
Lunch
Super Burrito or Cheese Quesadilla
Offered with each Choice
Steamed Corn
Cilantro Rice

MONDAY

Veggie Beans
Leaf Lettuce
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

TUESDAY

Leafy Green Salad
Dry Noodles Topper
Kidney Beans
Tomato & Broccoli
Chilled Pears
Fresh Fruit Choice
Fresh Mango
Dressing

WEDNESDAY

Leafy Green Salad
Carrots & Celery
Fresh Peas
Bell Peppers
Chilled Peaches
Fresh Fruit
Dressing

THURSDAY

Green Lettuce
Pickles
Pepperoncini
Peppers
Tomato Slices
Baby Carrots
Chilled Fruit
Fresh Fruit
Dressing

FRIDAY

Iceberg Lettuce
Salsa
Jalapeño Peppers
Olives
Fiesta Pinto Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple



YOUSD K-5 OCTOBER MENU

MONDAY

20 Breakfast
Maple Chip Waffles
or Cereal
Offered with each choice
Assorted Fruit Cup/Juice
Lunch
Cheeseburger or
Veggie Burger
Offered with each Choice
Potato Smiles

27 Breakfast
Pancakes
or Cereal
Offered with each choice
Assorted Fruit Cup/Juice
Lunch
Corn Dog or
Potato Cheese Bomb
w/ roll
Offered with each Choice
Sidewinder Fries

TUESDAY

21 Breakfast
Country Breakfast Burrito
or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Orange Chicken & Noodles
or Teriyaki Tofu & Noodles
Offered with each Choice
Steamed Broccoli
Fortune Cookie

28 Breakfast
Loaded Breakfast Burrito
or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Pepperoni Pizza or
Cheese Pizza
Offered with each Choice
Steamed Green Beans

WEDNESDAY

22 Breakfast
Raspberry PBJ or
Sun Butter & Fruit topping
Or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Pepperoni Hot Pocket or
Cheese Wedge Pizza
Offered with each Choice
Potato Wedges

29 Breakfast
Assorted Muffin Bread
or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Pancakes & Sausage or
Pancakes & Cheese Sticks
Offered with each Choice
Hashbrown Patty
Yogurt Cup
Juice

THURSDAY

23 Breakfast
Biscuit Breakfast Bowl
or Cereal
Offered with each choice
Banana/Juice
Lunch
Chicken Fried Chicken &
Potatoes or Grilled Cheese
Sandwich
Offered with each Choice
Steamed Mixed Veggies

30 Breakfast
Breakfast Pizza
or Cereal
Offered with each choice
Banana/Juice
Lunch
Oven Roasted Chicken w/
Potatoes or Veggie Stacker
Offered with each Choice
Steamed Mixed Veggies

FRIDAY

24 Breakfast
Fresh Cinnamon Rolls
or Cereal
Offered with each choice
Apples/Juice
Lunch
Chicken Tamale or
Cheese Tamale
Offered with each Choice
Steamed Corn
Cilantro Rice

31 Breakfast
Pizza Puff
or Cereal
Offered with each choice
Apples/Juice
Lunch
Beef Taco or
Bean & Cheese Burrito
Offered with each Choice
Steamed Corn

Did you find them all?



Helpful Hints

They are only on the first page.
They are easy to spot.
Some are swimming in potions.
Some like to hide in words.

MONDAY

Veggie Beans
Leaf Lettuce
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

TUESDAY

Leafy Green Salad
Dry Noodles Topper
Kidney Beans
Tomato & Broccoli
Chilled Pears
Fresh Fruit Choice
Fresh Mango
Dressing

WEDNESDAY

Leafy Green Salad
Carrots & Celery
Fresh Peas
Bell Peppers
Chilled Peaches
Fresh Fruit
Dressing

THURSDAY

Green Lettuce
Pickles
Pepperoncini
Peppers
Tomato Slices
Baby Carrots
Chilled Fruit
Fresh Fruit
Dressing

FRIDAY

Iceberg Lettuce
Salsa
Jalapeño Peppers
Olives
Fiesta Pinto Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple

Menus are subject to change.

This institution is an equal opportunity provider.

