



MENU

OCTOBER

COTTONWOOD UNION SCHOOL DISTRICT COTTONWOOD CREEK CHARTER SCHOOL

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| | | BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: HAMBURGER CORN FRUIT | 01 | BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: COOK'S CHOICE | 02 | 03 | | |
| BREAKFAST: CEREAL, CRACKERS STRING CHEESE, FRUIT LUNCH: HOMEMADE BEAN BURRITO SALAD FRUIT | 06 | BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: GRILLED CHEESE CARROTS FRUIT | 07 | BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: BBQ CHICKEN SANDWICH POTATO SALAD CORN, FRUIT | 08 | BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: CORN DOGS SALAD FRUIT | 09 | 10 |
| BREAKFAST: CEREAL, CRACKERS STRING CHEESE, FRUIT LUNCH: CHEESE QUESADILLA SALAD FRUIT | 13 | BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: HOT DOG FRENCH FRIES CARROTS & FRUIT | 14 | BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: DELI SANDWICH & CHIPS SALAD & FRUIT | 15 | BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: SOFT TACO REFRIED BEANS & FRUIT | 16 | 17 |
| BREAKFAST: CEREAL, CRACKERS STRING CHEESE, FRUIT LUNCH: CHICKEN TENDER MASHED POTATOES SALAD & FRUIT | 20 | BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: CHEESEBURGER CORN FRUIT | 21 | BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: EGG MCMUFFIN HASHBROWN CARROT & FRUIT | 22 | BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: NACHOS REFRIED BEANS FRUIT | 23 | 24 |
| BREAKFAST: CEREAL, CRACKERS STRING CHEESE, FRUIT LUNCH: QUESADILLA SALAD FRUIT | 27 | BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: CHICKEN, RICE & BEAN BURRITO CARROTS FRUIT | 28 | BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: BBQ CHICKEN SANDWICH POTATO WEDGE COLESLAW, FRUIT | 29 | BREAKFAST: BAGEL & CREAM CHEESE FRUIT LUNCH: COOK'S CHOICE | 30 | 31 |

Menus are subject to change

This institution is an equal opportunity provider.
Student meals provided at no charge

Breakfast: *Optional breakfast is cereal & crackers*

All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk

Lunch: All lunches include the following components: 1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains, Fruit, & vegetables

HAPPY HALLOWEEN

