

MENU

OCTOBER

TREE OF LIFE INTERNATIONAL CHARTER SCHOOL

		BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: SLOPPY JOES SALAD BAR FRUIT	01	BREAKFAST: EGGS & TOAST FRUIT LUNCH: COOK'S CHOICE	02	BREAKFAST: WAFFLES FRUIT LUNCH: CHICKEN PATTY SANDWICH SALAD BAR FRUIT	03
BREAKFAST: BREAKFAST PIZZA FRUIT LUNCH: HOMEMADE BEAN BURRITO SALAD BAR FRUIT	06	BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: GRILLED CHEESE SALAD BAR FRUIT	07	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: BBQ PULLED PORK SANDWICH POTATO SALAD CORN, FRUIT	08	BREAKFAST: EGGS & TOAST FRUIT LUNCH: CORN DOGS SALAD BAR FRUIT	09
BREAKFAST: BREAKFAST PIZZA FRUIT LUNCH: CHEESE QUESADILLA SALAD BAR FRUIT	13	BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: HOT DOG FRENCH FRIES SALAD BAR & FRUIT	14	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: DELI SANDWICH & CHIPS SALAD BAR & FRUIT	15	BREAKFAST: EGGS & TOAST FRUIT LUNCH: TACO BAR REFRIED BEANS & FRUIT	16
BREAKFAST: BREAKFAST PIZZA FRUIT LUNCH: CHICKEN TENDER MASHED POTATOES SALAD BAR & FRUIT	20	BREAKFAST: FRUIT & YOGURT PARFAIT LUNCH: BBQ CHICKEN SANDWICH SALAD BAR FRUIT	21	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: EGG MCMUFFIN HASHBROWN SALAD BAR & FRUIT	22	BREAKFAST: EGGS & TOAST FRUIT LUNCH: NACHOS REFRIED BEANS FRUIT	23
BREAKFAST: BREAKFAST PIZZA FRUIT LUNCH: MAC & CHEESE SALAD BAR FRUIT	27	BREAKFAST: WAFFLES & FRUIT LUNCH: CHICKEN, RICE & BEAN BURRITO SALAD BAR FRUIT	28	BREAKFAST: HOMEMADE MUFFIN FRUIT LUNCH: SLOPPY JOES TATER TOTS SALAD BAR, FRUIT	29	BREAKFAST: EGGS & TOAST FRUIT LUNCH: COOK'S CHOICE	30
						BREAKFAST: WAFFLES FRUIT LUNCH: PAPA MURPHY'S PIZZA SALAD BAR FRUIT	10
						BREAKFAST: WAFFLES & FRUIT LUNCH: CHICKEN PATTY SANDWICH SALAD BAR FRUIT	17
						BREAKFAST: WAFFLES FRUIT LUNCH: PAPA MURPHY'S PIZZA SALAD BAR FRUIT	24
						BREAKFAST: HALLOWEEN FRUIT PARFAIT LUNCH: MUMMY DOG & CHIPS VEGGIE JUICE & FRUIT HAPPY BIRTHDAY TREAT	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

**BBQ PULLED PORK SANDWICH ON 10/8
MADE BY SEMPER-FI CATERING!**

Happy Birthday to everyone with a birthday in August! Birthday treat comes with hot lunch only

