

YOUSD K-5 OCTOBER MENU

Monday

Tuesday

Wednesday

Thursday

Friday



1 **Breakfast**
Buttermilk Bar w/ Trix
Yogurt or Cereal
Offered with each choice
Bananas/Juice
Lunch
Orange Chicken & Noodles
or Veggie Egg Roll w/ Rice
Offered with each Choice
Steamed Carrots
Fortune Cookie

2 **Breakfast**
Pizza Puff
or Cereal
Offered with each choice
Fresh Fruit/Juice
Lunch
Bacon Cheese Burger or
Black Bean Veggie
Burger
Offered with each Choice
Onion Rings



5 **Breakfast**
Chicken Waffle
Sandwich or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Chicken Tenders
or Italian Pull-A-Part
Offered with each Choice
Potato Wedges

6 **Breakfast**
Cheese, Egg, Bacon
Croissant w/ Tater Tots
or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Chicken Fried Rice
w/ Chicken Egg Roll or
Asian Tofu Wrap
Offered with each Choice
Steamed Broccoli
Fortune Cookie

7 **Breakfast**
Breakfast Pizza
or Cereal
Offered with each choice
Frozen Fruit Cup/Juice
Lunch
Mini Corn Dogs
or Cheese Bites
Offered with each Choice
French Fries

8 **Breakfast**
Scone w/ Greek Yogurt
or Cereal
Offered with each choice
Bananas/Juice
Lunch
Turkey & Gravy w/
Mashed Potatoes or
PBJ Or Wow Butter w/
Cheese Sticks
Offered with each Choice
Steamed Green Beans

9 **Breakfast**
Fresh Cinnamon Roll
or Cereal
Offered with each choice
Fresh Fruit/Juice
Lunch
Soft Turkey Taco or
Cheese Tamale
Offered with each Choice
Steamed Corn



12 **Breakfast**
Maple Pancakes
or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Pepperoni Stuffed
Sandwich or
Grilled Cheese Sandwich
Offered with each Choice
Steamed Mixed Veggies

13 **Breakfast**
Cheese Egg English
Muffin w/ Tater Tots
or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Orange Chicken & Noodles
or Veggie Egg Roll w/ Rice
Offered with each Choice
Steamed Broccoli
Fortune Cookie

14 **Breakfast**
Loaded Breakfast Burrito
or Cereal
Offered with each choice
Frozen Fruit Cup/Juice
Lunch
Bacon Cheeseburger
or Black Bean Burger
Offered with each Choice
French Fries

15 **Breakfast**
Muffin Bread & Raspberry
Peach Yogurt or Cereal
Offered with each choice
Bananas/Juice
Lunch
Meat Sheet-Pan
Lasagna
or Mac & Cheese
Offered with each Choice
Steamed Green Beans
Dinner Roll

16 **Breakfast**
Pizza Puff
or Cereal
Offered with each choice
Fresh Fruit/Juice
Lunch
Chicken Tamale or
Cheese Quesadilla
Offered with each Choice
Steamed Corn



Monday

Tuesday

Wednesday

Thursday

Friday

Garbanzo
Beans
Green Salad
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

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

Green Lettuce
Pickles
Tomato Slices
Purple Onion
Chilled Fruit
Fresh Fruit
Dressing

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

Iceberg Lettuce
Salsa
Olives
Fiesta Black Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple

Menus are subject to change.

This institution is an equal opportunity provider.





YOUSD K-5 OCTOBER MENU

Monday

19 Breakfast
Trix French Toast w/ Trix
Yogurt or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Pepperoni Pizza
or
Cheese Pizza
Offered with each Choice
Steamed Mixed Veggies



Tuesday

20 Breakfast
Sausage & Cheese Bagel
w/ Tater Tots or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Teriyaki Chicken w/
Noodles or Teriyaki Tofu
w/ Noodles
Offered with each Choice
Steamed Broccoli
Fortune Cookie
Lucky Tray Day

Wednesday

21 Breakfast
Breakfast Stuffed
Sandwich or Cereal
Offered with each choice
Frozen Fruit Cup/Juice
Lunch
Breaded Chicken
Sandwich or
Cheese Bread w/ Dip
Offered with each Choice
French Fries

Thursday

22 Breakfast
Strawberry Bagel w/
Danimal Yogurt Cup
or Cereal
Offered with each choice
Bananas/Juice
Lunch
Salisbury Steak w/ White
Rice or
Veggie Stacker Sandwich
Offered with each Choice
Steamed Green Beans

Friday

23
NO SCHOOL
PROFESSIONAL
DEVELOPMENT DAY



26 Breakfast
Chicken Waffle
Sandwich or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Chicken Tenders
or Italian Pull-A-Part
Offered with each Choice
Potato Wedges



27 Breakfast
Cheese, Egg, Bacon
Croissant w/ Tater Tots
or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Chicken Fried Rice
w/ Chicken Egg Roll or
Asian Tofu Wrap
Offered with each Choice
Steamed Broccoli
Fortune Cookie

28 Breakfast
Breakfast Pizza
or Cereal
Offered with each choice
Frozen Fruit Cup/Juice
Lunch
Mini Corn Dogs
or Cheese Bites
Offered with each Choice
French Fries

29 Breakfast
Scone w/ Greek Yogurt
or Cereal
Offered with each choice
Bananas/Juice
Lunch
Turkey & Gravy w/
Mashed Potatoes or
PBJ Or Wow Butter w/
Cheese Sticks
Offered with each Choice
Steamed Green Beans

30 Breakfast
Pizza Puff
or Cereal
Offered with each choice
Fresh Fruit/Juice
Lunch
Soft Turkey Taco or
Cheese Tamale
Offered with each Choice
Steamed Corn



Monday

Garbanzo
Beans
Green Salad
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

Tuesday

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

Wednesday

Green Lettuce
Pickles
Tomato Slices
Purple Onion
Chilled Fruit
Fresh Fruit
Dressing

Thursday

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

Friday

Iceberg Lettuce
Salsa
Olives
Fiesta Black Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple

