

YOUSD 6-8 OCTOBER MENU

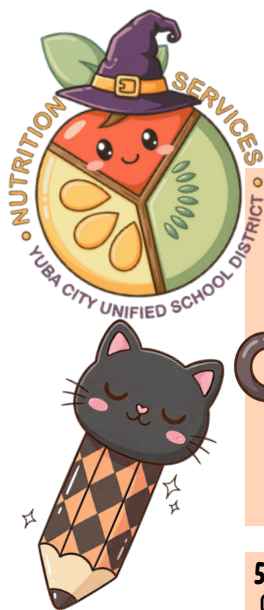
Monday

Tuesday

Wednesday

Thursday

Friday



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

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



5 Breakfast
Chicken Waffle Sandwich
or Cereal or Assorted
Pastries
Offered with each choice
Chilled Peaches/Juice
Lunch
Chicken Tenders or Italian
Pull-A-Part or 1/2# Hot Dog
Offered with each Choice
Potato Wedges

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

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

8 Breakfast
Scone w/ Greek Yogurt or
Cereal or Asstd. Pastries
Offered with each choice
Bananas/Juice
Lunch
Turkey & Gravy w/ Mashed
Potatoes or
PBj Or Wow Butter w/
Cheese Sticks or
Spicy Chicken Sandwich
Offered with each Choice
Steamed Green Beans

9 Breakfast
Fresh Cinnamon Roll or
Cereal or Asstd. Pastries
Offered with each choice
Fresh Fruit/Juice
Lunch
Soft Turkey Taco or
Cheese Tamale or
Hard Shell Turkey Taco
Offered with each Choice
Steamed Corn



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

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

14 Breakfast
Loaded Breakfast Burrito
or Cereal or Asstd. Pastries
Offered with each choice
Frozen Fruit Cup/Juice
Lunch
Bacon Cheeseburger
or Black Bean Burger or
BBQ Chicken Sandwich
Offered with each Choice
French Fries

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

16 Breakfast
Pizza Puff or Cereal or
Assorted Pastries
Offered with each choice
Fresh Fruit/Juice
Lunch
Chicken Tamale or
Cheese Quesadilla or
Chicken Taco
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 6-8 OCTOBER MENU

Monday

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



Tuesday

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

Wednesday

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

Thursday

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

Friday

23
NO SCHOOL
PROFESSIONAL DEVELOPMENT DAY



26 Breakfast
Chicken Waffle Sandwich or Cereal or Assorted Pastries
Offered with each choice
Chilled Peaches/Juice
Lunch
Chicken Tenders or Italian Pull-A-Part or 1/2# Hot Dog
Offered with each Choice
Potato Wedges



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

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

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

30 Breakfast
Pizza Puff or Cereal or Assorted Pastries
Offered with each choice
Fresh Fruit/Juice
Lunch
Soft Turkey Taco or Cheese Tamale or Hard Shell Turkey Taco
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

