

MEALS2GO MENU

OCTOBER



MON

TUE

WED

THU

FRI

- Entrees are **reheat-ready** and kept cold. Please keep refrigerated after you pick up your meals.
- Lunch includes milk, fruit and vegetables.
- **Oct 7th Taste Washington Day menu** features **WA-grown baby potatoes** (Entree A), **beans** (Entree B) and **stone fruit**. Celebrate WA's agriculture with us!

Meal pick-up is on the day before the menu date.
(i.e. Oct 2 menu to be picked up in the afternoon on Oct 1.)

1

- A:** Mandarin Orange Chicken w/ Brown Rice
B: Sunbutter & Jelly Sandwich w/ String Cheese

2

- A:** Pepperoni Pizza (Pork & Beef)
B: Cheese Pizza

5

- A:** Chicken Tenders, Baked Fries & Wheat Roll
B: Black Bean Burger

6

- A:** Cheeseburger
B: Bagel & Cream Cheese w/ 4z Yogurt & String Cheese



Taste Washington Day

7

- A:** Roasted Chicken Leg & Baby Potatoes w/ Cheese Cornbread
B: Power Bean Chili w/ Cheese Cornbread

8

- A:** Italian Meatballs & Pasta
B: Hummus w/ Flatbread & Rstd Sunflower Seeds

9

No School Today
No Meal Pick-Up Today. Oct 12th Menu to be picked up on Thu, Oct 8.

12

- A:** All-Beef Hot Dog
B: Cheese-stuffed Breadsticks

13

- A:** Waffles w/ Syrup & Turkey Sausages
B: Waffles w/ Syrup & Colby Cheese Omelet

14

- A:** General Tso's Chicken w/ Brown Rice
B: Sunbutter & Jelly Sandwich w/ String Cheese

15

- A:** Spicy Chicken Burger
B: Macaroni & Cheese w/ Wheat Roll

16

- A:** Pepperoni Pizza (Pork & Beef)
B: Cheese Pizza

SCHOOL LUNCH WEEK

CELEBRATING NATIONAL SCHOOL LUNCH WEEK, OCTOBER 12 – 16, WITH STUDENT'S FAVORITES!

19

- A:** BBQ Pulled Pork Sandwich
B: Bean & Cheese Burrito

20

- A:** Chicken Alfredo & Pasta
B: Bagel & Cream Cheese w/ 4z Yogurt & String Cheese

21

- A:** Chicken Tenders, Baked Fries & Wheat Roll
B: Hummus w/ Flatbread & Rstd Sunflower Seeds

22

- A:** Deli Turkey & Cheese Sandwich
B: Cheese Calzone

23

- A:** Beef Nacho w/ Corn Torrilla Chips
B: Bean Nacho w/ Corn Torrilla Chips
Seahawk's Tailgate
Blue Pride Vanilla Bites

26

- A:** Chicken Corn Dog
B: Sunbutter & Jelly Sandwich w/ String Cheese

27

- A:** Spicy Chicken Burger
B: Macaroni & Cheese w/ Wheat Roll

28

- A:** Mandarin Orange Chicken w/ Brown Rice
B: Power Bean Chili w/ Cheese Cornbread

29

- A:** Waffles w/ Syrup & Turkey Sausages
B: Waffles w/ Syrup & Colby Cheese Omelet

30

- A:** Pepperoni Pizza (Pork & Beef)
B: Cheese Pizza
HALLOWEEN SPECIAL
Trickless Treat

ROTATING BREAKFAST Breakfast includes fruit and milk.

M

Mini Pull-apart Cinnamon Rolls

Tu

Cherry Muffin

W

Yogurt & Cinnamon Granola

Th

Crescent Roll w/ Grape Jelly Filling

F

Assorted Cereals