

October

Pre-K Lunch



Lunch Cost

\$2.00

Hungry? Apply for meal benefits today, by going to MySchoolApps.com

Say NO to Bullying PLEDGE
See something? Say something.
<http://ccsd.net/students/bully>

Connect with us today!
@CCSDFoodService

PAY ONLINE

You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option

Our milk varieties include 1% low fat & fat-free choices.

Nutritious seasonal fresh & cupped fruit served daily.

We offer a variety of vitamin and mineral rich vegetables.

We use heart healthy whole grain breads and rice.

All Menus are subject to change.

MONDAY

Week of Respect

Salsa Fajita Chicken w/Sweet Corn & Tortilla Chips or Bean & Cheese Burrito V Edamame Applesauce 1% White Milk **2**

School Lunch Week

Beef Mac n' Cheese or Bean & Cheese Burrito V Baby Carrots Applesauce 1% White Milk **9**

BBQ Rib Sandwich or Bean & Cheese Burrito V Fiesta Beans/Green Peas (HT) Applesauce 1% White Milk **16**

Chicken Gordita or Bean & Cheese Burrito V Tater Tots/Fiesta Beans (HT) Applesauce 1% White Milk **23**

Teriyaki Chicken Sliders or Bean & Cheese Burrito V Campfire Beans/Sweet Corn (HT) Pineapple Cup 1% White Milk **30**

"TASTE IT" TUESDAY

Double Dog or Grilled Cheese Sandwich V Green Beans/Tater Tots (HT) Craisins 1% White Milk **3**

Cheeseburger Sliders or Grilled Cheese Sandwich V Green Peas/Campfire Baked Beans (HT) Pineapple 1% White Milk **10**

Double Dog or Grilled Cheese Sandwich V Celery w/Ranch Mandarin Orange Cup 1% White Milk **17**

Hamburger w/bun & Smile Potatoes or Grilled Cheese Sandwich V Baby Carrots w/Ranch Peach Cup 1% White Milk **24**

Crispy Chicken Sandwich w/bun & Tater Tots or Grilled Cheese Sandwich V Baby Carrots w/Ranch Craisins 1% White Milk **31**

"WELLNESS" WEDNESDAY

Breaded Chicken Drumstick or Bean & Cheese Burrito V Baby Carrots Mixed Fruit Cup 1% White Milk **4**

Chicken Mashed Potato Bowl or Bean & Cheese Burrito V Baby Carrots w/Ranch Raisels 1% White Milk **11**

Pulled Pork w/Campfire Baked Beans & Dinner Roll or Bean & Cheese Burrito V Baby Carrots w/Ranch Pineapple Cup 1% White Milk **18**

Chicken Tenders (3 pieces) or Bean & Cheese Burrito V Celery w/Ranch Apple Slices 1% White Milk **25**

NATIONAL SCHOOL LUNCH WEEK
October 9-13

THURSDAY

Pepperoni Pizza (Contains Pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Apple Slices 1% White Milk **5**

Pepperoni Pizza (Contains Pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Orange Slices 1% White Milk **12**

Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Apple Slices 1% White Milk **19**

Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Fresh Grapes 1% White Milk **26**

Week of Respect - "Get Your Blue On"

10/2: Kick Off!
10/3: Respect Yourself Day
10/4: Respect Each Other Day
10/5: Respect Your School Day
10/6: "Get Your Blue On!"

FRIDAY

Chicken Nuggets w/Smile Potatoes or Bean & Cheese Burrito V Celery w/Ranch Orange Slices 1% White Milk **6**

Teriyaki Chicken Sliders or Bean & Cheese Burrito V Celery w/Ranch Apple Slices 1% White Milk **13**

Teriyaki Chicken w/Rice or Bean & Cheese Burrito V Baby Carrots w/Ranch Fresh Grapes 1% White Milk **20**

NEVADA DAY
BATTLE BORN

No School

This institution is an equal opportunity provider. / Esta institución es un proveedor que ofrece igualdad de oportunidades.