


# OCTOBER BREAKFAST

Mark West Union School District



Monday	Tuesday	Wednesday	Thursday	Friday
30 Cheerios Cereal Vanilla Concha French Toast w/ Syrup (V)	1 Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	2 Pancake Sausage Sandwich Yogurt Parfait w/ Granola Cinnamon Chex Cereal	3 Blueberry Muffin Apple Jacks Cereal Egg & Cheese Sandwich (V)	4 NO SCHOOL Parent/ Teacher Conferences
7 Cinnamon Crumble Froot Loops Cereal Egg & Cheese Sandwich (V)	8 Bagel with Cream Cheese Cinnamon Chex Cereal Pancakes w/ Syrup (V)	9 Egg Scramble w/ Potatoes Banana Bread Cheerios Cereal	10 <b>Sunrise Muffin</b> ←←← <b>Seasonal</b> Frosted Flakes Cereal Breakfast Burrito (V)	11 Waffle w/ Syrup Conchita & String Cheese Apple Jacks Cereal
14 French Toast w/ Syrup (V) <b>Orange Concha</b> ←←← <b>Seasonal</b> Cheerios Cereal	15 Mantecada Muffin Froot Loops Cereal Breakfast Tamale	16 Yogurt Parfait w/ Granola Apple Jacks Cereal Pancake Sausage Sandwich	17 Chocolate Chip Muffin Top Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	18 Egg & Cheese Empanada (V) Cinnamon Roll Froot Loops Cereal
21 Egg & Cheese Sandwich (V) Cinnamon Crumble Froot Loops Cereal	22 Pancakes w/ Syrup (V) Yogurt Cup & Granola Cinnamon Chex Cereal	23 Banana Bread Cheerios Cereal Egg Scramble w/ Potatoes	24 <b>Sunrise Muffin</b> ←←← <b>Seasonal</b> Cinnamon Chex Cereal Breakfast Burrito (V)	25 Conchita & String Cheese Apple Jacks Cereal Waffle w/ Syrup (V)
28 French Toast w/ Syrup (V) <b>Double Chocolate Muffin</b> <b>*Special National Chocolate Day</b> Cheerios Cereal	29 Breakfast Burrito (V) Mantecada Muffin Froot Loops Cereal	30 Yogurt Parfait w/ Granola Apple Jacks Cereal Pancake Sausage Sandwich	31 <b>Orange Concha</b> ←←← <b>Seasonal</b> Cinnamon Chex Cereal Egg & Cheese Sandwich (V)	1 Cinnamon Roll Froot Loops Cereal Egg & Cheese Empanada (V)

Breakfast Includes:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit of the Day (V) Vegetarian *Cereal Served w/ Honey Grahams	Whole Apples, Sliced Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice  	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a> 

This institution is an equal opportunity provider. Menus are subject to change without notice.


\*Breakfast -SBP Main

# OCTOBER LUNCH

Mark West Union School District



Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Hummus, Flatbread & Egg Kit (V) Lasagna (V) Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	Bean & Cheese Pupusa w/ Curtido (V) Sesame Beef Bowl w/ Rice & Broccoli Chicken Salad Sandwich "P" B & J Sandwich Kit (V)	Veggie Chef Salad w/ Egg (V) Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit	NO SCHOOL Parent/ Teacher Conferences
7	8	9	10	11
Hot Dog & Fries Hamburger & Fries Turkey Knot Sandwich	Pasta w/ Meat Sauce Chicken Bites w/ Mashed Potatoes Italian Trio on Cheesy Focaccia Cheese Pizza Kit (V)	Teriyaki Chicken w/ Noodles <b>Chicken Tikka Masala</b> ←←← Seasonal Mexican Chicken Salad w/ Chips Turkey & Cheese Cracker Kit	Queso Blanco Chicken Bowl BBQ Chicken w/ Baked Beans & Roll Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Beef & Cheese Burrito Cheese Pizza (V) Soy Butter Sandwich (V)
14	15	16	17	18
Cheeseburger & Fries Crispy Chicken Sandwich & Fries Turkey & Cheese Torta	Breakfast for Lunch w/ Potatoes Pasta w/ Meat Sauce Turkey & Cheese Sub Hummus, Flatbread & Egg Kit (V)	Orange Chicken w/ Rice & Broccoli Bean & Cheese Pupusa w/ Curtido "P" B & J Sandwich Kit (V) Chicken Caesar Salad w/ Croutons	Chicken Tamale w/ Beans Turkey Nachos w/ Refried Beans Veggie Chef Salad w/ Egg Turkey & Cheese Cracker Kit	Grilled Cheese Pepperoni Pizza Egg Salad Sandwich (V)
21	22	23	24	25
Hamburger & Fries Turkey Knot Sandwich Hot Dog & Fries	Chicken Bites & Mashed Potatoes Mac & Cheese w/ Peas (V) Cheese Pizza Kit (V) Italian Trio on Cheesy Focaccia	Teriyaki Chicken w/ Noodles <b>Chicken Tikka Masala</b> ←←← Seasonal Mexican Chicken Salad w/ Chips Turkey & Cheese Cracker Kit	BBQ Chicken w/ Baked Beans & Roll Queso Blanco Chicken Bowl Southwest Chicken Salad w/ Roll Bean & Cheese Pizza Kit (V)	Beef & Cheese Burrito Cheese Pizza (V) Soy Butter Sandwich (V)
28	29	30	31	1
Crispy Chicken Sandwich & Fries Cheeseburger & Fries Turkey & Cheese Torta	Hummus, Flatbread & Egg Kit (V) Lasagna (V) Breakfast for Lunch w/ Potatoes Turkey & Cheese Sub	Bean & Cheese Pupusa w/ Curtido Sesame Beef Bowl w/ Rice & Broccoli Chicken Salad Sandwich "P" B & J Sandwich Kit (V)	Veggie Chef Salad w/ Egg (V) Turkey Nachos w/ Refried Beans Chicken Tamale w/ Beans Turkey & Cheese Cracker Kit <b>Pumpkin Cookie</b> ←←← Seasonal	Pepperoni Pizza Beef & Cheese Taco Stick Egg Salad Sandwich (V)

Lunch Includes:	Veg of the Day:	Featured Fruit:	RevUp Rewards:
Choice of 1% or Fat Free Milk Fruit & Vegetable of the Day (V) Vegetarian *May include an extra 1/2 cup veg for compliance	<b>Monday:</b> French Fries <b>Tuesday:</b> Carrots <b>Wednesday:</b> Crunchy Beans <b>Thursday:</b> Cucumber / Celery <b>Friday:</b> Side Salad w/ Dressing	Apples, Applesauce, Bananas, Oranges, Pears, Raisins, 100% Juice <b>Seasonal: Grapes &amp; Cantaloupe</b> 	Scan Our QR Code Daily Complete the Survey <b>You're Entered to Win!</b> Drawings Monthly Learn More and See Prizes: <a href="http://www.revolutionfoods.com/revuprewards">www.revolutionfoods.com/revuprewards</a> 