





# October ECE Lunch

# 2024

**Breakfast and lunch are offered to ALL students at NO COST!**

**(Head Start/Pre-School)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken tostada (1) ½ c refried beans graham crackers apple slices	2 ABC Chicken Nuggets graham crackers ½ c smile fries applesauce	3 Orange chicken ¼ c rice graham crackers ½ c broccoli salad peach cup	4 Pizza graham crackers ½ c salad w/cucumber, tomato, and ranch mixed fruit cup	5  Milk-1% white milk offered daily
6	7 ½ Bean and cheese burrito, graham crackers, cheese stick pear cup ½ c salsa cup	8 Chicken Quesadilla ½ c refried beans graham crackers apple slices	9 Pizza Sliders graham crackers ½ c broccoli salad applesauce	10 ½ Boar's Head ham and cheese sandwich ½ c smiles fries graham crackers peach cup	11 Deep dish pizza ½ c salad w/ cucumber, tomato, and ranch graham snacks mixed fruit cup	14  Hydration stations are in all cafeterias at no charge
13 	14 Chicken Filet w/ BBQ sauce Coleslaw Graham crackers	15 BBQ Pork Sidewinder Nachos ½ c refried beans Graham crackers Apple slices	16 In-N-Out style Cheeseburger graham crackers cheese stick ½ c potato wedges ½ c applesauce	17 Queso Turkey Chili w/tortilla chips graham crackers peach cup	18 Penne Alfredo w/chicken, broccoli graham crackers 1/2c salad w/cucumber, tomato, and ranch	19  All grains are whole-grain rich (51% or more of the grain in whole grain, the remaining grain is enriched)
20	21 Cheese pull aparts (½) graham crackers cheese stick ½ c marinara cup pear cup	22 Chicken tostada (1) ½ c refried beans graham crackers apple slices	23 Star Chicken Nuggets graham crackers ½ c smile fries applesauce	24 Orange chicken ¼ c rice graham crackers ½ c broccoli salad peach cup	25 Pizza graham crackers ½ c salad w/cucumber, tomato, and ranch mixed fruit cup	26
27	28 ½ Bean and cheese burrito graham crackers cheese stick pear cup ½ c salsa cup	29 Chicken Quesadilla ½ c refried beans graham crackers apple slices	30 Pizza Sliders graham crackers ½ c broccoli salad applesauce	31 ½ Boar's Head ham and cheese sandwich ½ c smiles fries graham crackers peach cup	