

October 2023

ACA II BREAKFAST

All
Students
Eat for
FREE!



MONDAYS

Chocolate Muffin Top
Fruit & Juice

TUESDAYS

Yogurt with Grahams
Fruit & Juice

WEDNESDAYS

Mini Cinnis
Fruit & Juice

THURSDAYS

Cereal & String Cheese
Fruit & Juice

FRIDAYS

Bagel with Cream Cheese
Fruit & Juice

Combo Meals includes:

Special of the Day *RBST-Free!*
1% White Milk or Non-Fat Chocolate Milk
Variety of Fruits
Juice

This menu meets the dietary requirements for calories, saturated fat, sodium, protein, and whole grains for students in this age group. This institution is an equal opportunity provider.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

October 2023

ACA II LUNCH



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 2 | 3 | 4 | 5 | 6 |
| FALL BREAK | | | | |
| 9 Chicken Nuggets Assorted Fruits & Veggies | 10 Chicken on a Bun Assorted Fruits & Veggies | 11 Turkey Ham & Cheese Sandwich Assorted Fruits & Veggies | 12 Chicken Burrito Bowl Assorted Fruits & Veggies | 13 Bosco Sticks (V) Assorted Fruits & Veggies |
| 16 Carnitas Burrito Bowl (P) Assorted Fruits & Veggies | 17 Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies | 18 Hot Dog Assorted Fruits & Veggies | 19 Spaghetti with Meat Sauce Assorted Fruits & Veggies | 20 Galaxy Pepperoni Pizza Assorted Fruits & Veggies |
| 23 Chicken Nuggets Assorted Fruits & Veggies | 24 Chicken on a Bun Assorted Fruits & Veggies | 25 Turkey Ham & Cheese Sandwich Assorted Fruits & Veggies | 26 Chicken Burrito Bowl Assorted Fruits & Veggies | 27 Bosco Sticks (V) Assorted Fruits & Veggies |
| 30 Carnitas Burrito Bowl (P) Assorted Fruits & Veggies | 31 Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies | | | |

P=Contains Pork V=Vegetarian

Combo Meals includes:

Entree Special
Fruit or Juice of the Day (1/2 cup)
Vegetable of the Day (1/2 cup) &
Baby Carrots (1/4 cup)
(Must take 1/2 cup Fruit or Vegetable)
Choice of 1% White Milk *RBST-Free!*
or Non-Fat Chocolate Milk

Allergies? A form to request substitutions is available in the cafeteria.

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