

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken fajitas Rice Fruit veggies	2 Fried rice Egg rolls Fruit or veggie bar	3 Corn dogs Chips Fruit Veggie or veggie bar	4 Cheese or pepperoni pizza Fruit Veggies or salad bar
7 Chicken wrap Chips Fruit Veggies or Salad bar Bike week	8 Carnitas tacos Beans Pico de gallo Fruit Veggies or Salad bar Bike week	9 Grilled cheese sandwich Fruit Veggies Bike week MS Field Trip	10 Hamburger Fries Fruit or Salad bar Bike week MS Field Trip	11 Cheese or pepperoni pizza Fruit Veggies or salad bar MS Field Trip
14 Chicken tenders Fries Fruit Veggies or salad bar	15 Carne asada Soft tacos Rice Fruit Veggies or salad	16 Pasta with marinara sauce Fruit Veggies or Salad bar	17 Torta de jamon Chips Fruits Veggies or Salad bar	18 Hot dog chips PTSO Fall Fest
21 Grilled chicken caesar salad Roll Fruit	22 Nachos with ground beef Fruit veggies 7/8 Field Trip	23 Bean and cheese tostada Fruit Veggie or Salad bar	24 Orange chicken White rice Fruit Veggies or Salad bar	25 Cheese or pepperoni pizza Fruit Veggies or Salad bar
28 Meatball sub Fruit Salad bar	29 Chicken soft tacos Beans Fruit Veggies or salad	30 Quesadilla Corn Fruit Veggie or salad	31 Mummy dogs Chips Fruit Veggies	

October breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Soft pretzel fruit	2 French toast Sausage fruit	3 Breakfast burrito fruit	4 Yogurt parfait
7 Pancakes Turkey bacon fruit	8 Bagels String cheese fruit	9 Fried egg with toast fruit	10 Applesauce String cheese Granola bar	11 Cereal banana
14 Muffin String cheese fruit	15 Waffles bacon fruit	16 Yogurt Graham crackers fruit	17 Scramble eggs Hash brown fruit	18 Oatmeal Toast fruit
21 Pretzels Applesauce String cheese	22 Yogurt cup Granola bar fruit	23 Pancakes Bacon fruit	24 Bagel w/cream cheese or peanut butter	25 Eggs with Toast fruit
28 Cereal banana	29 French toast sausage fruit	30 Scramble eggs Hash brown fruit	31 PBJ fruit	

All lunches served with a choice of milk, either 1% fat or non-fat.

SYV Charter School is an equal opportunity provider.