

HS/EHS Center Menu

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Biscuit, Butter, Fruit Milk Philly Steak, Shredded Cheese Hoagie Roll, Green Salad Dressing Fresh Fruit, Milk Crackers Sliced Cheese	2. Waffle Sticks, Frozen Fruit Cup Milk Chicken Tender Wrap Shredded Lettuce, Sliced Tomato Dressing, Tortilla Fruit, Milk Crackers Milk	3. Breakfast Burrito, Fruit Milk Chili Beans Shredded Cheese Muffin, Fruit Milk Yogurt Fruit	4. Toast, Jelly, Fresh Fruit Milk Chicken Salad Sandwich Pita Pocket, Baked Beans Fresh Fruit Milk Fresh Fruit Cheese Slice
7. Mini Bagel, Cream Cheese Fresh Fruit, Milk Sliced Turkey, Sliced Cheese Sliced Bread, Cucumber Slices Dressing Fruit, Milk Peanut Butter Cup Crackers	8. Yogurt, Fruit Milk Fish Sticks Cabbage, Diced Tomatoes Tortilla, Lime Wedge Fruit, Milk Crackers Juice	9. English Muffin, Jelly, Fruit Milk Cheesy Pull-A-Part Corn, Marinara Cup Frozen Fruit Cup Milk Crackers Milk	 10. French Toast, Fresh Fruit Milk Chicken Nuggets Potato Salad Fruit Milk Yogurt Cup Fruit	11. Cereal Bowl, Fruit Milk Cohort 1 Seasoned Pinto Beans Cheese, Muffin, Esquite Tajin, Fresh Fruit Milk Crackers Fruit
14. Breakfast Burrito, Fruit Cup Milk (Turkey) Ham and Sliced Cheese Sliced Bread Cucumber Coins, Tajin Fruit, Milk  Yogurt Cup Crackers	15. Cereal Bowl Fresh Fruit, Milk PB&J, Cheese Zucchini, Dressing Packet Fruit Cup Milk Sliced Turkey Crackers	16. English Muffin, Jelly Fruit, Milk Bean & Cheese Burrito Green Salad w/Spinach Dressing, Fresh Fruit Milk Crackers Milk	17. Oatmeal, Fruit Milk Diced Chicken and Gravy Mashed Potatoes Dinner Roll, Fruit Milk Crackers Juice	Cohort 2 18. Waffle Sticks, Fruit Milk Tuna Salad Sandwich Croissant, Fritos, Carrots Dressing, Fruit Milk Quesadilla Tortilla, Sliced Cheese
21. Muffin, Fresh Fruit Milk Turkey & Sliced Cheese Hoagie Roll, Sliced Tomatoes Tostitos Chips Fruit, Milk Crackers Fruit Cup	22. Toasted English Muffin w/Butter Fresh Fruit, Milk Hearty 3 Bean Chili Muffin Shredded Cheese Fresh Fruit, Milk Yogurt Fruit	23. Mini Bagel, Cream Cheese Juice, Milk Fish Patty Hamburger Bun Coleslaw Fresh Fruit, Milk Cereal Milk	24. Mini Waffles, Fruit Milk Chicken Alfredo Steamed Broccoli, Bread Sticks Fresh Fruit Milk Crackers Frozen Slushie Cup	25. Cereal Bowl, Fruit Milk Beef Patty Hamburger Bun, Slice Cheese Shredded Lettuce, Tomato Slices Frito's, Fruit, Milk Sliced Cheese Crackers
28. Cereal, Fruit Cup Milk PB&J Sandwich Yogurt Cup, Zucchini Sticks Dressing Fresh Fruit, Milk Crackers Juice	29. Raisin Toast w/Butter, Fruit Milk Beef Enchilada Casserole Green Salad w/Spinach French Dressing, Fruit Milk Fresh Fruit Peanut Butter, Pita Bread	30. Toasted English Muffin W/Cheese Slice, Fruit, Milk Chicken Nuggets Potato Medley Fruit Milk Muffin Milk	 31. Muffin, Fruit Milk Goulash Beefy Mac Spooky Corn Bread Stick, Fresh Fruit Milk Grilled Cheese Sandwich Frozen Fruit Cup	CAPK Central Kitchen does not serve Pork or Pork Products This institution is an equal opportunity provider and employer. All Bread and Grains are WW or WG
Water is offered throughout the day		12 to 23 Months Unflavored Whole Milk	24 Months and Over 1% Unflavored Milk	Menu Subject to Change