

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p>WG Chicken Nuggets Super Green Broccoli Strawberry Cup Ice Cold Milk Choice</p>	<p>2</p> <p>Tony's Pepperoni Pizza Jicama Sticks Blueberry Bursts Ice Cold Milk Choice</p>	<p>3</p> <p>A Classic Hamburger w/Pickle Chips Creamy Coleslaw Orchard Apples Ice Cold Milk Choice</p>	<p>4</p> <p>French Toast Sticks w/Pork Sausage Patty Oven Baked Potatoes Navel Oranges Ice Cold Milk Choice</p>
<p>7</p> <p>Traditional Soft Tacos w/Cilantro & Onions Charro Beans Strawberry Applesauce Ice Cold Milk Choice</p>	<p>8</p> <p>Corn Dog on Stick California Blend Tropical Bananas Ice Cold Milk Choice</p>	<p>9</p> <p>No School Yom Kippur Day </p>	<p>10</p> <p>Garlic Pizza French Bread Carrot & Raisin Salad Variety of Apples Ice Cold Milk Choice Yippy! Apple Crunch Day!</p>	<p>11</p> <p>Chicken Tenders Texas Toast Smashed Red Potatoes Mighty Melon Mix Ice Cold Milk Choice</p>
<p>14</p> <p>Sloppy Joe Super Green Broccoli Fresh Navel Oranges Ice Cold Milk Choice</p>	<p>15</p> <p>Make your own Mini Pita Pizza with Fun Toppings Zucchini Medley Orchard Apples Ice Cold Milk Choice</p>	<p>16</p> <p>Garden Vegetable Lo Mein Oriental Blend Talking Bananas Ice Cold Milk Choice Strawberry Milk Available</p>	<p>17</p> <p>Tony's Cheese Pizza Slice Kid-Friendly Kale Salad Juicy Cantaloupe Ice Cold Milk Choice</p>	<p>18</p> <p>Mini Cheeseburger Oven Baked Fries Refreshing Watermelon Ice Cold Milk Choice</p>
<p>Join us as we celebrate National Farm to School Month & National School Lunch Week 10-14 to 10-18 October </p>				
<p>21</p> <p>Southwest Nachos Refried Beans Honeydew Melon Ice Cold Milk Choice</p>	<p>22</p> <p>Meatball Submarine Butternut Squash Fresh Navel Oranges Ice Cold Milk Choice</p>	<p>23</p> <p>Popcorn Chicken Mashed Potatoes Strawberry Cup Ice Cold Milk Choice</p>	<p>24</p> <p>Cheese Nachos Super Green Broccoli Blueberry Burst Ice Cold Milk Choice</p>	<p>25</p> <p>Yummy Warm Waffles w/Pork Sausage Patty Oven Baked Potatoes Sweet Peaches Ice Cold Milk Choice</p>
<p>28</p> <p>Oven Roasted Baked Potato w/Cheese Sauce California Blend Fresh Navel Orange Ice Cold Milk Choice</p>	<p>29</p> <p>Grilled Cheese & Ham Sandwich Please BBQ Baked Beans Mighty Melon Mix Ice Cold Milk Choice</p>	<p>30</p> <p>Three Cheese Quesadilla Spanish Rice Fresh Salsa Refreshing Watermelon Ice Cold Milk Choice</p>	<p>31</p> <p>Tony's Screaming Pepperoni Pizza Corn on the Cob Web Boo Blueberry Bursts Ghostly Cold Milk Choice Halloween</p>	<p>Join us at noon on October 10, 2019 GREAT LAKES GREAT APPLE CRUNCH </p>

Did you know that at a CEP school, if you're bringing your own lunch entrée from home, you can still grab a fruit, veggies and a cold milk every day for free to complete your meal?

Elementary Daily Menu Choices

Turkey & American Cheese Sub
Veggie Salad w/Beans
Sun Butter & Jelly
Yogurt Cup & Cheddar Goldfish Crackers

Elementary Weekly: Rotating Choices

Mon – Chicken Nuggets
Tues – Rigatoni Marinara
Weds- Pancakes & Sausage
Thurs – Macaroni & Cheese
Fri- All Beef Hot Dogs

Middle School Daily Choices

Doughbro's Pizza
(Available M, W, F)
Cheese Filled Bread Stick
(Available Tues/Thurs)
-All Beef Hot Dog
Variety of Chicken Sandwiches
Made to order Deli Bar
Grab n Go Salads
Sun Butter & Jelly Sandwich

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
LunchProvider!

Each meal includes rBST-free skim or 1% milk.

