

Plate Includes 2 of the 4 Components

- Milk, Fluid
- Fruit/Vegetable
- Grains/Breads
- Meat/Meat Alternate

# October 2021 Dinner Menu

Avondale  
Bancroft  
Casa de Oro  
Highlands  
Kempton  
La Mesa Dale

La Presa Elementary  
Rancho  
La Mesa Arts Academy  
STEAM  
Spring Valley  
Academy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>October 1</b>  WG CORNDOG (1 EACH) CARROT STICKS (1/2 CUP) SLICED STRAWBERRIES (1/4 CUP) MILK (8 OZ)
October 4	October 5	October 6	October 7	October 8
<b>FALL BREAK</b>				
October 11	October 12	October 13	October 14	October 15
<b>FALL BREAK</b>				
<b>October 18</b>  PIZZA STICK (1 EACH) CARROT STICKS (1/2 CUP) APPLE (1 EACH) MILK (8 OZ)	<b>October 19</b>  GALAXY PIZZA (1 EACH) PEACHES (1/4 CUP) CARROT STICKS (1/2 CUP) MILK (8 OZ)	<b>October 20</b>  CHEEZ-ITS (1 EACH) STRING CHEESE (2 PKGS) BANANA, PETITE (1 EACH) ROMAINE (1 CUP) MILK (8 OZ)	<b>October 21</b>  MINI CHEESEBURGERS (1 EACH) CARROT STICKS (1/2 CUP) CRANBERRIES (1 PKG) MILK (8 OZ)	<b>October 22</b>  WG CORNDOG (1 EACH) CARROT STICKS (1/2 CUP) SLICED STRAWBERRIES (1/4 CUP) MILK (8 OZ)
<b>October 25</b>  YOGURT (8 OZ) GRAHAM CRACKERS (2 PKGS) CARROT STICKS (1/2 CUP) APPLE (1 EACH) MILK (8 OZ)	<b>October 26</b>  BEAN/CHEESE BURRITO (1 EACH) PEACHES (1/4 CUP) CARROT STICKS (1/2 CUP) MILK (8 OZ)	<b>October 27</b>  GALAXY PIZZA (1 EACH) BANANA, PETITE (1 EACH) ROMAINE (1 CUP) MILK (8 OZ)	<b>October 28</b>  MINI PANCAKES (1 EACH) STRING CHEESE (2 EACH) CARROT STICKS (1/2 CUP) CRANBERRIES (1 PKG) MILK (8 OZ)	<b>October 29</b>  CHEESEBURGER, WRAPPED (1 EACH) CARROT STICKS (1/2 CUP) SLICED STRAWBERRIES (1/4 CUP) MILK (8 OZ)