



ALUM ROCK UNION SCHOOL DISTRICT

K-8

OCTOBER 2020

**ALL MEALS ARE
AT NO COST TO
ALL STUDENTS!**

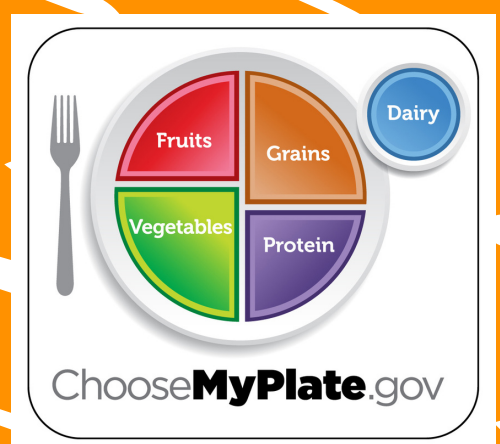
**TO MAKE A
BREAKFAST:**

Must take an entree &
1/2 cup of fruit or juice!

**WHAT MAKES A
COMPLETE LUNCH?**

Choose at least 3
different food
components
&
one must be 1/2 cup of
fruit or vegetables!

MENU KEY:
(V) Vegetarian
(C) Chicken
(B) Beef
(P) Pork
(T) Turkey



MON	TUE	WED	THU	FRI
SEP 28 Ultimate Breakfast Round (V) **** Chicken Bites w/ Roll (C) Turkey Ham and Cheese Sandwich (T/P) Fruit/Veg	SEP 29 Choc Muffin Top (V) **** Bean & Cheese Salsa Tamale Pocket (V) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	SEP 30 Twin Bars (V) **** Deep Dish Pizza (T) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	OCT 1 Mini Bagel Cinnamon Cream Cheese (V) **** American Burger (B) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 2 Cereal and Cracker (V) **** Ciabatta Cheese Melt (V) Weekend Meal Kits (V) Fruit/Veg
OCT 5 Buttermilk Bar (V) **** Drumstick with Roll (C) Turkey Ham and Cheese Sandwich (T/P) Fruit/Veg	OCT 6 Cherry Muffin (V) **** Bean/Cheese Salsa Burrito (V) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 7 Cinni Mini (V) **** Pizza Deep Dish (V) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	OCT 8 Bagel Cinnamon Raisin Cream Cheese (V) **** Corn Dog (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 9 Cereal and Cracker (V) **** Grilled Cheese Sandwich (V) Weekend Meal Kits (V) Fruit/Veg
OCT 12 Cinnamon Square (V) **** Chicken Bites w/roll (C) Turkey Ham and Cheese Sandwich (T/P) Fruit/Veg	OCT 13 Sweet Pot/Choc Muffin Top (V) **** Chimi Nada Pocket (V) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 14 Cinni Mini (V) **** Pizza Pepperoni (P) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	OCT 15 Mini Bagel Strawberry Cream Cheese (V) **** Cheeseburger Sliders (B) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 16 Cereal and Cracker (V) **** Ciabatta Cheese Melt (V) Weekend Meal Kits (V) Fruit/Veg
OCT 19 Bear Paw Apple Cinnamon (V) **** Chicken Strips w/roll (C) Turkey Ham and Cheese Sandwich (T/P) Fruit/Veg	OCT 20 Blueberry Muffin (V) **** Chicken Cheese Tamale (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 21 Cinnamon Roll (V) **** Egg Roll (C) Turkey Ham and Cheese Sandwich (T/P) Harvest of the Month: Fruit/Veg	OCT 22 Bagel Cream Cheese (V) **** Spicy Chicken Sliders (C) PB & J Sandwich/ Sunbutter Sandwich (V) Fruit/Veg	OCT 23 Cereal and Cracker (V) **** Grilled Cheese Sandwich (V) Weekend Meal Kits (V) Fruit/Veg

* MENU SUBJECT TO CHANGE WITHOUT NOTICE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



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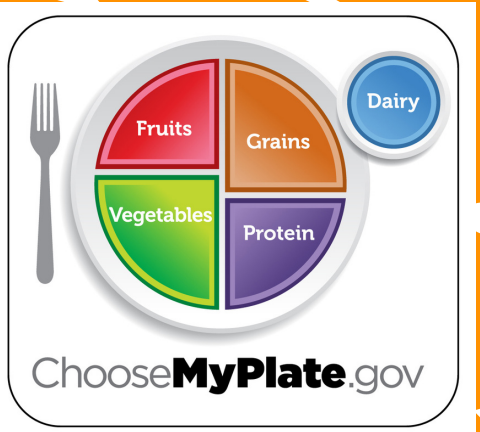
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MON

TUE

WED

THU

FRI

OCT 26

Ultimate Breakfast Round
(V)

Chicken Bites w/roll (C)
Turkey Ham and Cheese
Sandwich (T/P)
Fruit/Veg

OCT 27

Choc Muffin Top (V)

Bean & Cheese Salsa
Tamale Pocket (V)
PB & J Sandwich/
Sunbutter Sandwich (V)
Fruit/Veg

OCT 28

Breakfast Bun (V)

Veggie Pinwheel (C)
Turkey Ham and Cheese
Sandwich (T/P)
Harvest of the Month:
Fruit/Veg

OCT 29

Mini Bagel Cinnamon
Cream Cheese (V)

American Burger (B)
PB & J Sandwich/
Sunbutter Sandwich (V)
Fruit/Veg

OCT 30

Cereal and Cracker (V)

Ciabatta Cheese Melt (V)
Weekend Meal Kits (V)
Fruit/Veg

HARVEST OF THE MONTH



Plums are an excellent source of
vitamins A, C, and K and they
also contain potassium, copper,
and manganese! Dried plums are
called prunes. Both plums and
prunes are rich in antioxidants



Peaches are a great source of
vitamins A and C and magnesium.
There are only about 60 calories
in 1 medium peach. Like apricots
and plums, peaches are in the
same family as roses!



Zucchinis are high in vitamins A,
B-6, and C, potassium,
magnesium, calcium, and iron.
They contain 2 grams of fiber and
2.4 grams of protein. Zucchinis
are technically a fruit, but are
treated like vegetables.

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