

OCTOBER 2023 MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
02 ☉ Scrambled Eggs w/ Muffin ☉ Assorted Cereal 🍔 Chicken Caesar Wrap ☉ 🍔 Turkey & Cheese on Dutch Crunch ☹ 🍔 Beef Fajita Bowl ☹ 🍔 Vegan Bean Burrito Bowl 🍩 Cinnamon Goldfish & String Cheese	03 ☉ Turkey Sausage on Bun ☹ ☉ Assorted Cereal 🍔 Bagel KIT ☹ 🍔 Cheese Ravioli & Marinara Sauce ☹ 🍔 Sunbutter & Jelly Sandwich ☹ 🍔 Vegan Bean Chili w/ Chips 🍩 Pretzel Goldfish & Juice	04 ☉ Breakfast Burrito ☹ ☉ Concha 🍔 BBQ Chicken Sandwich ☉ 🍔 Pasta X-Plosion ☹ 🍔 Tuna Wrap 🍔 Corn & Tomato Pasta Salad ☹ 🍔 Vegan Tacos 🍩 Cinnamon Goldfish & Milk	05 ☉ Maple Chicken Biscuit ☉ ☉ Assorted Muffins 🍔 Chicken Nuggets w/ Pasta ☉ 🍔 Cheesy Breadsticks w/ Marinara Sauce ☹ 🍔 Veggie Taco Salad ☹ 🍔 Vegan Chickpea Tikka Masala 🍩 Grahams w/ Yogurt	06 ☉ French Toast Sticks ☉ Sunbutter & Jelly Sandwich ☹ 🍔 BBQ Chicken Wrap ☉ 🍔 Pepperoni Pizza ☹ 🍔 Cheese Pizza ☹ 🍔 Vegan Pinto Pozole 🍩 Sunflower Seeds & Juice
09 ☉ Melted Cheese Bagel ☉ Hard Boiled Egg w/ Muffin 🍔 Hamburger ☹ 🍔 Chicken Fajita Wrap ☉ 🍔 Pasta w/ Olive & Cheese ☹ 🍔 Sunbutter & Jelly Sandwich ☹ 🍔 Vegan Spanish Beans w/ Rice 🍩 Granola Bar & Juice	10 ☉ Egg & Cheese Burrito ☹ ☉ Assorted Muffins 🍔 Chicken Parmesan w/ Pasta ☉ 🍔 Chicken Caesar Wrap ☉ 🍔 Bagel KIT ☹ 🍔 Bean & Cheese Burrito ☹ 🍔 Vegan Fried Rice 🍩 Cheddar Goldfish & Juice	11 ☉ Pancakes w/ Syrup ☉ Bagel w/ Cream Cheese ☹ 🍔 Beef Burrito ☹ 🍔 Yogurt Berry Parfait & Muffin ☹ 🍔 Pesto Caprese Salad ☹ 🍔 Vegan Bean Burrito Bowl ☹ 🍔 Veggie Chow Mein 🍩 Strawberry Chex Mix & Milk	12 ☉ Breakfast Bowl w/ Biscuit ☹ ☉ Yogurt w/ Grahams 🍔 Breaded Chicken Sandwich ☉ 🍔 Turkey & Cheddar on Hoagie ☹ 🍔 Egg Salad w/ Roll 🍔 Mac & Cheese ☹ 🍔 Vegan Bean Chili w/ Chips 🍩 Cinnamon Goldfish & Milk	13 ☉ Denver Scramble Burrito ☹ ☉ Cherry Frudel 🍔 Chicken Caesar Salad w/ Roll ☉ 🍔 Pepperoni Pizza ☹ 🍔 Cheese Pizza ☹ 🍔 Vegan Tacos 🍩 Sunflower Seeds & Juice
16 Teacher/Parent Conference No School for Students	17 ☉ Breakfast Biscuit ☉ Assorted Muffins 🍔 Beef Hot Dogs ☹ 🍔 Turkey & Cheese on Dutch Crunch ☹ 🍔 Bagel KIT ☹ 🍔 Vegan Pozole w/ Chips 🍔 Veggie Fried Rice ☹ 🍩 Pretzel Goldfish & Juice	18 ☉ Bagel w/ Cream Cheese ☉ Scrambled Eggs w/ Muffin 🍔 Smoked Chicken Wrap ☉ 🍔 Wet Beef Burrito ☹ 🍔 Pasta Primavera ☹ 🍔 Vegan Spanish Rice & Beans 🍩 Chocolate Chip Mini Muffin	19 ☉ Maple Chicken Biscuit ☉ Apple Cinnamon Frudel 🍔 Chicken Caesar Wrap ☉ 🍔 Chicken Nuggets w/ Rice ☉ 🍔 Tuna Sandwich 🍔 Vegan Fried Rice 🍩 Blueberry Muffin & Apples	20 ☉ Yogurt w. Muffin ☉ French Toast Sticks 🍔 Santa Fe Chicken Salad ☉ 🍔 Pepperoni Pizza ☹ 🍔 Cheese Pizza 🍔 Vegan Bean Burrito Bowl 🍩 Animal Crackers & Juice
23 ☉ Pancake w/ Syrup ☉ Whole Grain Cereal 🍔 Spicy Chicken Wrap ☉ 🍔 Chicken Burrito ☉ 🍔 Sunbutter & Jelly Sandwich ☹ 🍔 Bean Chili w/ Chips ☹ 🍩 Granola Bar & Juice	24 ☉ Chilaquiles ☹ ☉ String Cheese & Muffin 🍔 Chicken Corn Dog ☉ 🍔 Bagel KIT ☹ 🍔 Vegan Tacos 🍩 Cheddar Goldfish & Juice	25 ☉ Sausage Biscuit Sandwich ☹ ☉ Cheesy Cornbread Muffin 🍔 Teriyaki Chicken w/ Rice Veggies ☉ 🍔 Breaded Chicken Wrap ☉ 🍔 Chicken Salad w/ Roll ☉ 🍔 Cheesy Bean Dip w/ Chips ☹ 🍔 Vegan Chickpea Tikka Masala 🍩 Strawberry Chex Mix & Milk	26 ☉ Yogurt w/ Grahams ☉ Whole Grain Cereal 🍔 Mac & Cheese ☹ 🍔 Breaded Chicken Salad ☉ 🍔 Vegan Pinto Pozole 🍩 Chocolate Chip Mini Muffin & Apple	27 ☉ Blueberry Crumble ☉ Assorted Muffins 🍔 Chicken Caesar Salad ☉ 🍔 Turkey & Cheddar Sandwich ☹ 🍔 Pepperoni Pizza ☹ 🍔 Cheese Pizza ☹ 🍩 Vanilla Grahams & Milk
30 ☉ Pancake Bites ☉ Bagel w/ Cream Cheese 🍔 Beef & Broccoli Bowl ☹ 🍔 Chicken Fajita ☉ 🍔 Pasta X-Plosion ☹ 🍔 Sunbutter & Jelly Sandwich ☹ 🍔 Vegan Fried Rice 🍩 Cinnamon Goldfish & String Cheese	31 ☉ Turkey Sausage on Bun ☹ ☉ Assorted Scones 🍔 Scary Jack's Meat Lover Pizza 🍔 Calypos's Teriyaki Chicken Sushi Bowl 🍔 Slimey's Parfait w/ Bluescary Muffin 🍔 Morticia's Black Bean Burrito ☹ 🍔 Vegan Bean Burrito Bowl 🍩 Pretzel Goldfish & Juice			

- ☉ Breakfast
- 🍔 Lunch
- 🍩 Snacks
- ☹ Beef
- ☉ Chicken
- ☹ Pork
- ☹ Turkey
- ☹ Vegetarian

All lunches are served with fruits & vegetables with a side of milk.

Due to limited vendor availability, all menu items are subject to change without notice.

Pricing: Meals are FREE for ALL students in the 2023-2024 school year!

Special Meal Accommodations: the [Medical Statement for Student with Special Nutrition Needs](#) must be completed by a physician and on file in the school office.

General Info, Application, Special Diet Accommodations & Contacts:

<https://aimsk12.org/nutrition>