

# OCTOBER

## K-8 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Call Viviana Suarez for details  
623.707.2060  
or visit  
[www.fesd.org](http://www.fesd.org)

1  
Banana Bread  
Orange-Pineapple Juice  
Diced Pears  
Lunch  
Turkey & Cheese Sub  
Strawberry Apple Crisps  
Carroteenies & Ranch

4

5

6

7

8

No School: Fall Break

11

Chocolate & Oatmeal Bar  
Grape Juice  
Mandarin Oranges  
Lunch  
Beef Ravioli & Breadstick  
Garlic Broccoli  
Blueberries

12

Strawberry Pop-Tart  
Fruit Punch  
Peaches & Cheese Stick  
Lunch  
Crispy Chicken Sandwich  
French Fries  
Sweet, Red Grapes

13

Mini Pancakes  
Orange Juice  
Mixed Fruit Cup  
Lunch  
Carnitas Burrito w/ Cheese  
Refried Beans  
Spiced Pears

14

Lemon Chip Breakfast Bar  
Grape Juice  
Tropical Mixed Fruit  
Lunch  
Red, Chicken Tamale  
Black Bean & Corn Salad  
Chilled Mango & Tajin

15

Whole Grain Honey Bun  
Orange Juice  
Sweet Pear Cup  
Lunch  
Pepperoni Pizza  
4 Way Mixed Vegetables  
Fresh, Orange Wedges

18

Cereal Variety  
Apple Juice  
Pineapple & String Cheese  
Lunch  
Two Cheese Quesadilla  
Cheesy Refried Beans  
Chilled Mixed Berry Cup

19

Cocoa Puffs Cereal Bar  
Orange-Pineapple Juice  
Fresh Grapes  
Lunch  
Popcorn Chicken & Mashed  
Potato Bowl  
Corn Cobette & Applesauce

20

Mini Cinnamon Rolls  
Fruit Punch  
Mandarin Oranges  
Lunch  
Chicken Spaghetti w/  
Garlic Toast & Fruit Side  
Parmesan Broccoli

21

Bagel w/ Cream Cheese  
Orange Juice  
Pear Cup  
Lunch  
Beef Chili w/ Cheese &  
Cornbread  
Fresh Plum

22

Mini Powdered Donuts  
Grape Juice  
Tropical Fruit  
Lunch  
Bacon Cheeseburger  
Tater Tots  
Warm, Baked Apple Crumble

25

French Toast Bar  
Fruit Punch  
Applesauce  
Lunch  
Turkey Hot Dog  
Baked Beans  
Chilled Strawberries

26

Cherry or Apple Frudel  
Grape Juice  
Fresh, Apple Slices  
Lunch  
Beefy Mac & Breadstick  
Steamed Broccoli  
Mixed Fruit w/ Grapes

27

Cinnamon Toast Square  
Apple-Cherry Juice  
Pineapple Cup  
Lunch  
Cheese Pizza  
Veggie Sticks w/ Ranch  
Rosy Applesauce

28

Muffin Assortment  
Apple Juice  
Diced Pears  
Lunch  
Bean & Cheese Burrito  
Buttered Corn  
Peaches

29

Cereal: Fruity Cheerios  
Orange Juice  
Craisins & Cheese Stick  
Lunch  
Bat Shaped Chicken Nuggets w/  
Roll & Fries  
Orange Cream Sidekick



This institution is an equal opportunity provider.  
Contact us with any questions [driley@fesd.org](mailto:driley@fesd.org) or 623.707.2059  
Menu items may change due to availability.

Milk variety offered daily with all meals!

