



OCTOBER



 **PK MENU** 

MONDAY



TUESDAY

Call Viviana Suarez for details
623.707.2060
or visit
www.fesd.org

WEDNESDAY



THURSDAY

FRIDAY

1
Banana Bread
Orange-Pineapple Juice
Diced Pears
Lunch
Turkey & Cheese Sand
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
Parmesan Breadstick
Blueberries

12
Egg & Cheese Sandwich
Fruit Punch
Diced Peaches
Lunch
Breaded Chicken Sandwich
French Fries
Sweet, Red Grapes

13
Mini Pancakes
Orange Juice
Mixed Fruit Cup
Lunch
Chicken Burrito
Refried Beans
Spiced Pears

14
Lemon Chip Breakfast Bar
Grape Juice
Tropical Mixed Fruit
Lunch
Red, Chicken Tamale
Black Bean & Corn Salad
Chilled Mango

15
Go-Gurt & Grahams
Orange Juice
Sweet Pear Cup
Lunch
Cheese Pizza
4 Way Mixed Vegetables
Fresh, Orange Wedges

18
Cheerios
Apple Juice
Pineapple & String Cheese
Lunch
Two Cheese Quesadilla
Cheesy Refried Beans
Chilled Mixed Berry Cup

19
Hard Boiled Egg
Orange-Pineapple Juice
Grapes & Toast Bites
Lunch
Popcorn Chicken & Mashed
Potato Bowl
Applesauce

20
Zucchini Bread
Fruit Punch
Mandarin Oranges
Lunch
Chicken Spaghetti w/
Garlic Toast & Berries
Parmesan Broccoli

21
Bagel w/ Cream Cheese
Orange Juice
Pear Cup
Lunch
Beef Chili w/ Cheese &
Cornbread
Diced Peaches

22
Strawberry Nutri-Grain
Grape Juice
Tropical Fruit
Lunch
Cheeseburger
Tater Tots
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

27
Cheese Filled Cinnamon Bar
Apple-Cherry Juice
Pineapple Cup
Lunch
Cheese Pizza
Carroteenies w/ Ranch
Rosy Applesauce

28
Blueberry Muffin
Apple Juice
Diced Pears
Lunch
Bean & Cheese Burrito
Buttered Corn
Peaches

29
Kix Cereal
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 or 623.707.2059
Menu items may change due to availability.

1% White Milk served with each meal

