

REACH LEADERSHIP STEAM ACADEMY MENU OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast: Snow Flurries Cereal w/ Fresh Fruit Lunch: Crispy Chicken Sandwich or Spaghetti Marinara	3 Breakfast: French Toast, Maple Turkey Sausage & Egg Lunch: BBQ Chicken Wrap or Meatless Italian Calzoni	4 Breakfast: Lemon Muffin w/ Fresh Fruit Lunch: Cheeseburger or Veggie Chef Salad	5 Breakfast: Egg, Cheese, & Chicken Sausage Quesadilla or Blueberry Burst Muffin Lunch: Chicken Potstickers or Sunbutter and Jelly Sandwich Kit	6 Breakfast: Plain Bagel w/ Cream Cheese & Fresh Fruit Lunch: General Tso's Chicken or Cheese Tamale	7
8	9 Breakfast: Whole Grain Cinnamon Chex or Yogurt w/ Granola Lunch: Chicken Bites or Veggie Enchiladas w/ Rice & Beans	10 Breakfast: Blueberry Burst Bagel w/ Orange Juice Lunch: Baked Mac n Cheese w/ Chicken Sausage or Veggie Taco Salad	11 Breakfast: Chicken Sausage Omelet Gordita or Cinnamon Crumble Lunch: Chicken Tamale or Southwest Veggie Wrap	12 Breakfast: Cheesy Bean Breakfast Burrito or Plain Bagel & Cream Cheese Lunch: Cheese Pizza	13 Breakfast: French Toast Muffin or Cinnamon Toast Bagel Lunch: Cheesy Ravioli or Sante Fe Chili Chicken & Black Bean Wrap	14
15	16 Breakfast: Coco Critters Cereal w/ Fresh Fruit Lunch: Oven Roasted Chicken Sandwich or Southwest Veggie Wrap	17 Breakfast: Autumn Spice Muffin or Whole Grain Blackberry Omega Bar Lunch: Baked Mac N Cheese w/ Chicken Bites or Egg Salad Sub Sandwich	18 Breakfast: Yogurt with Granola or Southwest Chicken Chorizo & Cheese Brekwich Lunch: BBQ Chicken Quesadilla or Sunbutter and Jelly Sandwich	19 Breakfast: Bagel w/ Cream Cheese & Fresh Fruit Lunch: Chicken Teriyaki w/ Carrot Rice or Veggie Taco Salad	20 Family Friday: Meals available for purchase through PTO Breakfast: Buttermilk Pancakes w/ Orange Juice Lunch: Kickin Chicken Melt Sandwich or Bean & Cheese Quesadilla	21
22	23 Breakfast: Whole Grain Cinnamon Chex w/ Cereal Bar Lunch: Chicken Bites or Creamy Pasta Alfredo	24 Breakfast: French Toast, Maple Turkey Sausage & Egg or Lemon Muffin Lunch: Baked Mac & Cheese w/ Chicken Sausage or BBQ Chicken Sandwich or Veggie Chef Salad	25 Breakfast: Turkey & Pepperjack Cheese Omelet Gordita or Blueberry Burst Bagel Lunch: BBQ Chicken Drumstick w/ Cheesey Rice or Cheese Tamale w/ Rice & Beans	26 Breakfast: Egg, Cheese, & Chicken Sausage Quesadilla or Whole Grain Cheerios w/ Dipperdoodle Bar Lunch: Revolution Hot Dog or Sunbutter & Jelly Sandwich Kit	27 Breakfast: Chicken Sausage & Cheddar Brekwich or Whole Grain Strawberry Omega Bar Lunch: Buffalo Chicken Pizza or Southwest Veggie Wrap	28
29	30 Breakfast: Snow Flurries Cereal w/ Fresh Fruit Lunch: Crispy Chicken Sandwich or Spaghetti Marinara	31 Breakfast: French Toast Maple Turkey Sausage & Egg or Yogurt w/ Honey Grahams Lunch: BBQ Chicken Wrap or Meatless Italian Calzoni				

Vegetarian Lunches are indicated in Green.

All Meals include an entree, a milk, and a choice of fruit, vegetable or both.

Menu subject to change.

This institution is an equal opportunity provider.