



The Learning Center, Breakfast

OCT 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Breakfast Sandwich Sliders Tropical Parfait Mini Pancakes Bagel with Cream Cheese	31 Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese			1 Ham, Egg and Cheese or Egg and Cheese on English Muffin Yogurt Parfait Mini Pancakes Bagel with Cream Cheese	2 French Toast Sticks Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	1 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
2 Breakfast Sandwich Sliders Tropical Parfait Mini Pancakes Bagel with Cream Cheese	3 Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	4 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	5 Scrambled Eggs Bacon Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	6 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	7 Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	8 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
9 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Mini Pancakes Bagel with Cream Cheese	10 Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	11 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	12 Scrambled Eggs Bacon Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	13 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	14 French Toast Sticks Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	15 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
16 Breakfast Sandwich Sliders Tropical Parfait Mini Pancakes Bagel with Cream Cheese	17 Warm Strawberry Guava Flip Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	18 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	19 Scrambled Eggs Bacon Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	20 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	21 Whole Grain Waffles Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	22 Cheesy Scrambled Eggs and Whole Grain Toast Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese
23 Breakfast Tacos with Eggs, Cheese, Scallions, Salsa and Jalapenos Tropical Parfait Mini Pancakes Bagel with Cream Cheese	24 Breakfast Pizza Blueberry Patch Parfait Mini Pancakes Bagel with Cream Cheese	25 Sausage, Egg and Cheese or Egg and Cheese on English Muffin Just Peachy Parfait Mini Pancakes Bagel with Cream Cheese	26 Scrambled Eggs Bacon Pumpkin Apple Spice Parfait Mini Pancakes Bagel with Cream Cheese	27 Ham, Egg and Cheese or Egg and Cheese on English Muffin Honey Pear Cranberry Parfait Mini Pancakes Bagel with Cream Cheese	28 French Toast Sticks Sausage Links Strawberry Fields Parfait Mini Pancakes Bagel with Cream Cheese	29 Loaded Hash Browns with Eggs, Cheese, Bacon Crumbles, Scallions, Sour Cream, Salsa Mixed Berry Parfait Mini Pancakes Bagel with Cream Cheese

This institution is an equal opportunity provider.



The Learning Center, Lunch

OCT 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Crispy Chicken Drumsticks or Vegan Chicken Patty or American Sub Sweet Potato Fries Roasted Cauliflower Three Bean Salad
2 Chicken Quesadilla or Vegetable Quesadilla Black Beans Corn and Tomato Salad Tomato Soup	3 Choose One Teriyaki Chicken & Rice Bowl or Hummus Bento Box or Chicken Salad Sandwich Broccoli Celery Sticks	4 Choose One Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baby Carrots Snap Peas	5 Choose One Mozzarella Stick Basket w/ Marinara Dip or Vegan Italian Sub or American Sub Tater Tots Roasted Chickpeas Cucumber Wheels	6 Choose One Ham and Cheese Calzone or Broccoli and Cheese Calzone or Loaded Italian Sub Garden Salad Celery Stick Cucumber Wheels	7 Choose One Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	8 Hand Pulled BBQ Pork Sandwich or Warm Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Homestyle Baked Beans Carrot Sticks
9 Cheese Burger or Black Bean Burger or Ham and Cheese Sub Roasted Butternut Squash Baby Carrots Potato Chips	10 Choose One Mac & Cheese w/ Breadstick or Vegan Mac & Cheese or Ham and Cheese Sub Broccoli Florets Cherry Tomatoes	11 Choose One BBQ Chicken Calzone or Broccoli and Cheese Calzone or Loaded Italian Sub Garden Salad Cherry Tomatoes Cucumber Wheels	12 Choose One Burrito Bowl w/ Beef or Vegan Crumble or Vegan Meatball Sub or Loaded Italian Sub Black Beans Seasoned Corn Garden Salad	13 Choose One Chicken Salad Sandwich or Egg Salad Sandwich or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	14 Choose One Steak and Cheese Sub w/ Roasted Peppers, Onions and Mushrooms or Roasted Provencal Sub or Turkey and Cheese Sub Crinkle Fries Baby Carrots	15 Mozzarella Sticks Corn Dog Nuggets Mac & Cheese Bites Marinera Sauce Side Salad
16 American Chop Suey or American Sub Roasted Green Beans Broccoli Florets Baby Carrots	17 Choose One Meatball Parmesan Sub or Vegan Meatball Sub or Turkey and Cheese Sub Tater Tots Cherry Tomatoes Cucumber Wheels	18 Choose One Buffalo Chicken Dip or Spinach and Artichoke Dip w/ Whole Grain Tortilla Chips or Chicken Salad Sandwich Carrot and Celery Sticks	19 Choose One Hot Dog or Black Bean Burger or Crispy Chicken Wrap Seasoned Corn Baby Carrots w/ Ranch Potato chips	20 Choose One Chicken & Waffles or Greek Hummus Wrap or Turkey and Cheese Sub Cherry Tomatoes Celery Sticks	21 Choose One Pepperoni Pizza or Cheese Pizza or Chicken Salad Sandwich Garden Salad Cucumber Wheels	22 Indoor BBQ Cheeseburger, Hot Dog or Veggie Patty Homestyle Baked Beans Cole Slaw Corn on the Cob Chips
23 Crispy Chicken Nuggets or Vegan Nuggets or Ham and Cheese Sub Crinkle Cut Fries Carrot Sticks	24 Choose One Chicken Caesar Salad or Hummus Bento Box or Ham and Cheese Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	25 Choose One Hot Dog or Black Bean Burger or Crispy Chicken Wrap Seasoned Corn Baby Carrots w/ Ranch Potato chips	26 Choose One Grilled Ham & Cheese or Black Bean Burger or Italian Sub Crinkle Fries Broccoli Florets Cherry Tomatoes	27 Choose One Burrito Bowl w/ Beef or Vegan Crumble or Roasted Veggie Sub or Loaded Italian Sub Black Beans Seasoned Corn Garden Salad	28 Choose One Crispy Chicken Tenders or Vegan Nuggets or Ham and Cheese Sub Crinkle Cut Fries Carrot Sticks	29 Chicken Drumsticks or Vegan Chicken Patty or American Sub Sweet Potato Fries Roasted Cauliflower Three Bean Salad
30 BBQ Pork Sandwich or Roasted Provencal Sub Crinkle Fries Homestyle Baked Beans Carrot Sticks	31 Choose One Beefy Macaroni and Cheese or Vegan Nuggets or Crispy Chicken Wrap Roasted Broccoli Cooked Carrot Wheels Garden Salad					