



October 2023



USDA & TOW UFSD are equal opportunity providers and employers. PLEASE NOTE: Our menu options comply with USDA nutrition standards

2 Cinnamon Rolls Crispy Chicken Wrap with Harvest Home Fries	3 Spicy Breakfast Burrito Beef, Bean & Cheese Burritos with Refried Beans	4 Waffles & Sausage Garlic Chicken Pasta with Steamed Broccoli	5 Sausage, Egg, & Cheese Breakfast Wrap Popcorn Chicken with Mashed Potatoes	6 Superintendents Day  No School
9 Columbus Day  No School	10 Sausage Tornados Turkey Tacos with Fresh Pico De Gallo	11 Griddle Cakes Macaroni & Cheese with Garden Salad	12 Cheddar Omelets with Corn Bread Slow Roasted BBQ Pork Sandwiches with Cole Slaw	13 Chocolate Crescent Pizza Day with Buffalo Cauliflower
16 Cherry Strudel Meatball Sandwiches with Seasoned Edamame	17 Spicy Breakfast Burrito Cheese Nachos with Refried Beans	18 Waffles & Sausage Baked Ziti with Lemon Peppered Green Beans	19 Turkey Bacon, Egg, & Cheese Breakfast Wrap Chicken Patty Sandwiches with Sweet Corn	20 Donut Holes Pizza Day with Roasted Broccoli
23 Cinnamon Rolls Sloppy Joe Sandwiches with French Fries	24 Bacon Tornados Chicken or Cheese Quesadillas with Black Bean Salad	25 Griddle Cakes Cheese Ravioli with Grilled Zucchini	26 Cheddar Omelets with Corn Bread Cheeseburgers with Sweet Potato Fries	27 Chocolate Crescent Pizza Day with Buffalo Cauliflower
30 Apple Strudel Grilled Cheese with Tomato Soup	31 Spicy Breakfast Burrito Chicken Fajita Wrap with Fiesta Corn	 Happy Halloween!		

Breakfast

(7:30– 8:00)

PK-5 \$2.25/ \$11.25 Per Week

6-12 \$2.50 / \$12.50 Per Week

Adults \$2.25 + Tax

Ala Carte Main

PK-5 - \$2.25

6-12 - \$2.50

Breakfast During The Bells

Available Until 9:15

Lunch

(10:45—12:45)

PK-5 \$2.65 / \$13.25 Per Week

6-8 \$3.05 / \$15.25 Per Week

9-12 \$3.15 / \$15.75 Per Week

Adults (Main Only) \$3.00 (Tax Included)

Adult Salad Bar \$5.00 (Tax Included)

Ala Carte (Main Only)

PK-12 - \$3.00

PK - 12 Salad Bar - \$4.50

Additional Sides - \$.75 / Adults \$1.00

Small Soup - \$1.00 / Adults \$2.00

Small Milk/Juice - \$.75

Large Juice- \$1.00

Bottled Water - \$1.00

Sparkling Ice - \$1.50

(Sparkling Ice is only available for purchase after 2PM for K-5 Students)

Ice Cream—\$1.00