



October Breakfast Menu

BISHOP JOHN WALKER

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	3 <ul style="list-style-type: none"> banana bread fresh pear 	4 <ul style="list-style-type: none"> cheerios cereal graham crackers fresh orange 	5 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh banana 100% orange juice 	6 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh cantaloupe
9 no school	10 <ul style="list-style-type: none"> whole grain frosted mini-wheats cereal cheese stick graham crackers fresh pear 	11 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh orange 	12 <ul style="list-style-type: none"> pineapple carrot bread cheese stick fresh banana 100% orange juice 	13 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh cantaloupe
16 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	17 <ul style="list-style-type: none"> nonfat yogurt whole grain granola graham crackers fresh pear 	18 <ul style="list-style-type: none"> blueberry chex cereal graham crackers fresh orange 	19 <ul style="list-style-type: none"> banana bread fresh banana 100% orange juice 	20 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh cantaloupe
23 <ul style="list-style-type: none"> nonfat yogurt whole grain granola graham crackers fresh apple 	24 <ul style="list-style-type: none"> pumpkin spice bread cheese stick fresh pear 	25 <ul style="list-style-type: none"> cinnamon chex cereal graham crackers fresh orange 	26 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh banana 100% orange juice 	27 <ul style="list-style-type: none"> whole grain frosted mini wheats cereal graham crackers fresh cantaloupe
30 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple 	31 <ul style="list-style-type: none"> banana bread fresh pear 	11/1 <ul style="list-style-type: none"> cheerios cereal graham crackers fresh orange 	11/2 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh banana 100% orange juice 	11/3 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh cantaloupe

FALL FEATURE

Oct 6th - Apple Pie Parfait

Oct 24th - Pumpkin Spice Bread





October Lunch Menu

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HISPANIC HERITAGE MONTH

Celebrate with DCCK by trying a delicious, South American-inspired menu on October 6th.

Peruvian Chicken Drum

Cilantro Lime Rice

Chili Black Beans

Herb Roasted Butternut Squash

Fresh Apple



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> whole grain cheese ravioli with tomato sauce whole grain garlic breadstick roasted carrots steamed broccoli fresh pear 	<p>3</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh orange wedges 	<p>4</p> <ul style="list-style-type: none"> cheese pizza baby spinach salad cucumber coins italian dressing fresh banana 	<p>5</p> <ul style="list-style-type: none"> cajun fish tacos black bean & cheese tacos steamed corn tangy cilantro-lime slaw baja cream sauce fresh cantaloupe 	<p>6</p> <ul style="list-style-type: none"> peruvian chicken drum veggie chik'n nuggets cilantro lime brown rice chili black beans herb roasted butternut squash fresh apple
<p>9</p> <p>no school</p>	<p>10</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun steamed green peas steamed corn ketchup & mustard fresh orange wedges 	<p>11</p> <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce fresh banana 	<p>12</p> <ul style="list-style-type: none"> beef & cheese tacos sofritas tofu tacos chili black beans tomato salsa light sour cream fresh cantaloupe 	<p>13</p> <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n nuggets mac & cheese braised collard greens cinnamon roasted butternut squash fresh apple
<p>16</p> <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese roasted carrots steamed green peas and corn fresh pear 	<p>17</p> <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun black-eyed peas collard green salad fresh orange wedges 	<p>18</p> <ul style="list-style-type: none"> pepperoni pizza cheese pizza mixed greens salad diced tomatoes balsamic dressing fresh banana 	<p>19</p> <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato wedges sauteed green beans ketchup fresh cantaloupe 	<p>20</p> <ul style="list-style-type: none"> oven fried chicken drum veggie chik'n nuggets whole grain waffles braised collard greens sweet potato hash ketchup all-natural syrup fresh apple
<p>23</p> <ul style="list-style-type: none"> hot dog veggie burger whole grain bun bbq baked beans sauteed green beans ketchup & mustard fresh pear 	<p>24</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets cornbread muffin sweet potato wedges roasted cauliflower ketchup fresh orange wedges 	<p>25</p> <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins balsamic dressing fresh bananas 	<p>26</p> <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa light sour cream fresh cantaloupe 	<p>27</p> <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed broccoli glazed carrots fresh apple
<p>30</p> <ul style="list-style-type: none"> whole grain cheese ravioli with tomato sauce whole grain garlic breadstick roasted carrots steamed broccoli fresh pear 	<p>31</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh orange wedges 	<p>11/1</p> <ul style="list-style-type: none"> cheese pizza baby spinach salad cucumber coins italian dressing fresh banana 	<p>11/2</p> <ul style="list-style-type: none"> cajun fish tacos black bean & cheese tacos steamed corn tangy cilantro-lime slaw baja cream sauce fresh cantaloupe 	<p>11/3</p> <p>no school</p>