

October 2019 Create Academy Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Trix Cereal Fruit & 100% Juice	2 Maple Madness Waffles Fruit & 100% Juice	3 Chocolate Donuts Fruit & 100% Juice	4 Cheese Omelet w/ WG tortilla Fruit & 100% Juice
7 - 11 FALL BREAK – FALL BREAK – FALL BREAK!				
14 Cinnamon UBR round Fruit & 100% Juice	15 Lucky Charms Cereal Fruit & 100% Juice PICTURE DAY!	16 Glazed French Toast Fruit & 100% Juice	17 Grape Crescent Fruit & 100% Juice	18 Sausage Pancake Wrap Fruit & 100% Juice
21 Strawberry Pop Tart Fruit & 100% Juice	22 Cocoa Puffs Cereal Fruit & 100% Juice	23 Mini Cinnis Fruit & 100% Juice	24 Powdered Donuts Fruit & 100% Juice	25 Turkey Sausage Sandwich Fruit & 100% Juice FALL FESTIVAL 5-7PM
28 Chocolate Chip UBR round Fruit & 100% Juice	29 Apple Cinnamon Cheerios Fruit & 100% Juice	30 Pancakes w/Syrup Fruit & 100% Juice	31 Chocolate Filled Cocoa Puffs Bar Fruit & 100% Juice	**Choice of 1% white or fat free chocolate milk served with each meal**

****This institution is an equal opportunity provider****

October 2019 Create Academy Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 *Red Chili, Cheese & Bean Burrito *Ham Sub *Buffalo Chicken Salad *Yogurt Grab N' Go w/Fruit & Celery/Carrot	2 *Pepperoni Pizza *Turkey Sub *Popcorn Chicken Salad *Yogurt Grab N' Go w/Juice & Salad	3 *Meatball Sub *PB&J Uncrustable *Chicken Caesar Salad *Yogurt Grab N' Go w/Fruit & Carrots	4 *Buffalo Popcorn Chicken N' Tots *Hero Sub *BBQ Chicken Salad *Yogurt Grab N' Go w/Juice & Tots
7 - 11 FALL BREAK – FALL BREAK – FALL BREAK!				
14 *Chicken Sandwich *PB&J Uncrustable *Chicken Taco Salad *Cheese Grab N' Go w/Fruit & Ranch Beans	15 *Popcorn Chicken, Corn & Potatoes *Ham Sub *Buffalo Chicken Salad *Cheese Grab N' Go w/Juice & Mashed Potatoes <i>PICTURE DAY!</i>	16 *Pepperoni Pizza *Turkey Sub *Popcorn Chicken Salad *Cheese Grab N' Go w/Juice & Salad	17 *Chicken Teriyaki w/ WG Rice *PB&J Uncrustable *Chicken Caesar Salad *Cheese Grab N' Go w/Fruit & Carrots	18 *Mac N' Cheese *Hero Sub *BBQ Chicken Salad *Cheese Grab N' Go w/Fruit & Celery
21 *Chicken Corn Dog *PB&J Uncrustable *Chicken Taco Salad *Yogurt Grab N' Go w/Fruit & Ranch Beans	22 *Cheeseburger *Ham Sub *Buffalo Chicken Salad *Yogurt Grab N' Go w/Fruit & Whole Pickle	23 *Cheese Pizza *Turkey Sub *Popcorn Chicken Salad *Yogurt Grab N' Go w/Juice & Salad	24 *Cheese Quesadilla *PB&J Uncrustable *Chicken Caesar Salad *Yogurt Grab N' Go w/Fruit & Carrot	25 *Cheesy Chicken & Tots *Hero Sub *BBQ Chicken Salad *Yogurt Grab N' Go w/Juice & Tots FALL FESTIVAL 5-7PM
28 *Chicken, Cheese & Bean Burrito *PB&J Uncrustable *Chicken Taco Salad *Peanut Butter Grab N' Go w/Fruit & Ranch Beans	29 *BBQ Chicken Sandwich *Ham Sub *Buffalo Chicken Salad *Peanut Butter Grab N' Go w/Fruit & Whole Pickle	30 *Pepperoni Pizza *Turkey Sub *Popcorn Chicken Salad *Peanut Butter Grab N' Go w/Juice & Salad	31 *Orange Chicken & Rice *PB&J Uncrustable *Chicken Caesar Salad *Peanut Butter Grab N' Go w/Fruit & Carrot	**Choice of 1% white or fat free chocolate milk served with each meal**

This institution is an equal opportunity provider