

**Breakfast**  
Served Daily  
from 7:00-7:50 A.M.  
**Monday**



**October 2017**  
**Crusader Café**



**Healthy Tip:** Eat **Greens**  
for Bone Health, Memory  
& to Fight Cancer!

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2	3	4	5	6
<b>Italian Baked Chicken</b> Roasted Green Beans Garlic Mashed Potatoes Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Taco Salad Bowl</b> Baby Carrots Cilantro Rice Refried Beans Fruit Cup <i>Meatball Sub</i>	<b>Oriental Sesame Chicken Salad</b> Wheat Roll Pork Eggroll Fruit Cup <i>Turkey Bacon Melt</i>	<b>Stuffed Crust Pizza</b> Tossed Salad Carrots Fruit Cup <i>Buffalo Chicken</i>	<b>No School</b>
9	10	11	12	13
<b>Nachos Supreme</b> Black Beans Salsa Fruit Cup <i>BBQ Rib</i>	<b>Shrimp Poppers</b> Mashed Potatoes Corn Fruit Cup <i>Chicken Ranch</i>	<b>Breakfast Only</b>	<b>Spaghetti &amp; Meatballs</b> California Vegetables Breadstick Fruit Cup <i>Turkey Bacon Melt</i>	<b>Chicken Quesadilla</b> Fiesta Corn Salad Black Bean Dip/Chips Salsa Fruit Cup <i>Meatball Sub/Bierock</i>
16	17	18	19	20
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Chicken Fried Steak</i>	<b>Chicken Parmesan</b> Pasta Roasted Vegetables Breadstick Fruit Cup <i>Buffalo Chicken</i>	<b>Zesty Cuban Sandwich</b> Coleslaw Baked Beans Potato Wedges Fruit Cup <i>Italian Chicken Sausage</i>	<b>Chicken Pita</b> Roasted Potatoes Hummous Veggie Sticks Fruit Cup <i>BBQ Rib</i>	<b>Crispy Fish Strips</b> Macaroni & Cheese Broccoli Fruit Cup <i>Southwest Chicken</i>
23	24	25	26	27
<b>Crispy Chicken Salad</b> Baby Carrots Wheat Roll Fruit Cup <i>Grilled Italian</i>	<b>Street Tacos</b> Mexicali Corn Refried Black Beans Fruit Cup <i>Turkey Bacon Melt</i>	<b>Shrimp Poppers</b> Corn Mashed Potatoes Fruit Cup <i>Chicken Ranch</i>	<b>Teriyaki Beef Fried Rice</b> Thai Cabbage Slaw Egg Roll Fruit Cup <i>Meatball Sub/Beef Burrito</i>	<b>No School</b>
30	31			
<b>Chicken Tenders</b> Mashed Potatoes Corn Wheat Roll Fruit Cup <i>Southwest Chicken</i>	<b>Cheese Filled Breadsticks</b> Marinara Sauce Caesar Salad Bean Salad Fruit Cup <i>Italian Chicken Sausage</i>			<b>List of Healthy Greens</b> Spinach, Kale, Chard Arugula, Romaine, Watercress, Leaf Lettuce, Butter Lettuce, Mustard & Collard Greens

Deli Sandwiches & Burgers are offered every day!

Please select Fruit & Vegetables for a balanced meal!

"USDA is an equal opportunity provider and employer."