

**BREAKFAST**

**OCTOBER 2023**

**LUNCH**

All breakfast includes the following components:  
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk.

\*Optional breakfast is cereal, crackers, fruit & milk

Cascade Union Elementary School District

All lunches include the following components:  
1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains  
Fruit & vegetables

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST:</b> 2 SAUSAGE & CHEESE BISCUIT FRUIT <b>LUNCH:</b> BEAN & CHEESE BURRITO CARROTS FRUIT	<b>BREAKFAST:</b> 3 FRUIT & YOGURT PARFAIT <b>LUNCH:</b> EGG MCMUFFIN HASHBROWNS FRUIT	<b>BREAKFAST:</b> 4 A TO Z MUFFINS STRING CHEESE & FRUIT <b>LUNCH:</b> NACHOS REFRIED BEANS FRUIT	<b>BREAKFAST:</b> 5 EGGS & TOAST FRUIT <b>LUNCH:</b> CHICKEN & RANCH WRAP BROCCOLI, FRESH FRUIT	<b>BREAKFAST:</b> 6 WAFFLES FRUIT <b>LUNCH:</b> CORN DOG & CHIPS SALAD FRUIT
<b>BREAKFAST:</b> 9 SAUSAGE & CHEESE BISCUIT FRUIT <b>LUNCH:</b> CHICKEN TENDERS MASHED POTATOES FRUIT	<b>BREAKFAST:</b> 10 FRUIT & YOGURT PARFAIT <b>LUNCH:</b> CHICKEN, RICE & BEAN BURRITO VEGGIE JUICE FRUIT	<b>BREAKFAST:</b> 11 A TO Z MUFFINS STRING CHEESE & FRUIT <b>LUNCH:</b> SLOPPY JOES SALAD FRUIT	<b>BREAKFAST:</b> 12 EGGS & TOAST FRUIT <b>LUNCH:</b> MAC & CHEESE BAKED BEANS FRUIT	<b>BREAKFAST:</b> 13 WAFFLES FRUIT <b>LUNCH:</b> CHICKEN PATTY SANDWICH CHERRY TOMATOES & RANCH FRUIT
<b>BREAKFAST:</b> 16 SAUSAGE & CHEESE BISCUIT FRUIT <b>LUNCH:</b> LUNCHABLE & CHIPS CARROTS FRUIT	<b>BREAKFAST:</b> 17 FRUIT & YOGURT PARFAIT <b>LUNCH:</b> HOT DOG & CHIPS CORN FRUIT	<b>BREAKFAST:</b> 18 A TO Z MUFFINS STRING CHEESE & FRUIT <b>LUNCH:</b> DELI SANDWICH & CHIPS SALAD FRUIT	<b>BREAKFAST:</b> 19 EGGS & TOAST FRUIT <b>LUNCH:</b> SOFT TACOS REFRIED BEANS FRUIT	<b>BREAKFAST:</b> 20 WAFFLES FRUIT <b>LUNCH:</b> PIZZA SALAD FRUIT
<b>BREAKFAST:</b> 23 SAUSAGE & CHEESE BISCUIT FRUIT <b>LUNCH:</b> BEAN & CHEESE BURRITO CARROTS FRUIT	<b>BREAKFAST:</b> 24 FRUIT & YOGURT PARFAIT <b>LUNCH:</b> EGG MCMUFFIN HASHBROWNS FRUIT	<b>BREAKFAST:</b> 25 A TO Z MUFFINS STRING CHEESE & FRUIT <b>LUNCH:</b> NACHOS REFRIED BEANS FRUIT	<b>BREAKFAST:</b> 26 EGGS & TOAST FRUIT <b>LUNCH:</b> CHICKEN & RANCH WRAP BROCCOLI, FRESH FRUIT	<b>BREAKFAST:</b> 27 WAFFLES FRUIT <b>LUNCH:</b> CORN DOG & CHIPS SALAD & FRUIT HAPPY BIRTHDAY TREAT
<b>BREAKFAST:</b> 30 SAUSAGE & CHEESE BISCUIT FRUIT <b>LUNCH:</b> CHICKEN TENDERS MASHED POTATOES FRUIT	<b>BREAKFAST:</b> 31 FRUIT & YOGURT PARFAIT <b>LUNCH:</b> MUMMY DOG & CHIPS VEGGIE JUICE FRUIT			

Menus are subject to change  
This institution is an equal opportunity provider.

Happy Birthday to everyone with a birthday in October!  
Birthday treat comes with hot lunch only.