

Monday

October 2 - A

- A. Cereal & String Cheese
- B. Muffin**
Cinnamon Applesauce Cup
Milk
Juice

- A. **Mozzarella Cheese Sticks & Marinara**
- B. Southern Drumstick & Roll**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Green Beans
Pears
Carnival Cookie

Tuesday

October 3 - B

- A. Cereal & Yogurt
- B. Apple Cinnamon Roll**
Diced Pear Cup
Milk
Juice

- A. **Hamburger w/ Bun**
- B. Cheese Ravioli W/ Breadstick**
- Y. Wow Butter Sandwich & String Cheese**
Salad Mix
Fresh Veggies & Ranch
Baked Beans
Fruit Cocktail

Wednesday

October 4 - C

- A. Pancake Sausage Stick
- B. Golden Graham Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. **French Toast Sticks & Sausage Links**
- B. Corn Dog**
- Y. Yogurt & Muffin**
Potato Triangles
Baby Carrots
Mandarin Oranges
Pineapple

Thursday

October 5 - D

- A. Mini Waffles
- B. French Toast Benefit Bar**
Banana
Milk
Juice

- A. **Stuffed Crust Pepperoni Pizza**
- B. Teriyaki Chicken w Rice**
- Y. Wow Butter Sandwich & String Cheese**
Romaine Salad
Grape Tomatoes
Strawberries & Bananas
Vanilla Pudding

Friday

October 6 - E

- A. Breakfast Bites
- B. Apple Jacks Pouch & Yogurt**
Craisins-Blueberry
Milk
Juice

- A. **Chicken Strips & Roll**
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Cracker Crisps**
Romaine & Spinach Salad
Fries
Peaches
Rosy Applesauce

October 9 - A

- A. Cereal & String Cheese
- B. Banana Bread**
Strawberry Applesauce Cup
Milk
Juice

- A. **Nacho Bites**
- B. Calzone**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Broccoli & Cheese
Fresh Red Pepper Slices
Tropical Fruit

October 10 - B

- A. Cereal & Yogurt
- B. Oatmeal Chocolate Chip Benefit Bar**
Diced Peach Cup
Milk, Juice

- A. **Chicken Nuggets & Roll**
- B. Beef Soft Tacos**
- Y. Wow Butter Sandwich & String Cheese**
Shredded Lettuce
Grape Tomatoes
Taco Fiesta Black Beans
Pineapple
Mango Berry Pom Swirl

October 11 - C

- A. Pancake & Sausage Stick
- B. Froot Loops Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. **Dutch Waffle & Sausage Links**
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
Baked Potato Smiles
Fresh Sliced Cucumber
Sliced Cinnamon Pears
Fruit Cocktail

October 12 - D

- A. Cinni Minis
- B. Cinnamon Toast Crunch Bar & Yogurt**
Clementine
Milk, Juice

- A. **Hot Dog w/ Bun**
- B. Chili**
- Y. Wow Butter Sandwich & String Cheese**
Fresh Baby Carrots
Creamy Broccoli Salad
Peaches
Cinnamon Roll

NO SCHOOL TODAY



October 16 - E

- A. Cereal & String Cheese
- B. Blueberry Muffin**
Applesauce Cup
Milk
Juice

- A. **Mozzarella Cheese Sticks & Marinara**
- B. Breaded Chicken Sandwich**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Sunshine Blend Carrots
Mandarin Oranges
Chocolate Pudding

October 17 - A

- A. Cereal & Yogurt
- B. Oatmeal Cinnamon Bun**
Diced Pear Cup
Milk
Juice

- A. **Chicken Strips & Roll**
- B. Italian Turkey Sub**
- Y. Wow Butter Sandwich & String Cheese**
Shredded Lettuce
Twice Mashed Potatoes
California Veggies
Fruit Cocktail

October 18 - B

- A. Egg & Cheese Slider
- B. Apple Jacks Pouch & String Cheese**
Apple Slices
Milk, Juice

NO LUNCH TODAY: HALF-DAY



NO SCHOOL TODAY



NO SCHOOL TODAY



October 23 - C

- A. Cereal & String Cheese
- B. Cinnamon Bread**
Berry Applesauce Cup
Milk
Juice

- LUCKY TRAY DAY!**
- A. **Chicken Nuggets & Roll**
 - Y. Yogurt & Mini Pancakes**
Romaine Salad
Mashed Potatoes & Gravy
Baby Carrots
Pineapple

October 24 - D

- A. Cereal & Yogurt
- B. Banana Chocolate Chip Benefit Bar**
Strawberry Craisins
Milk, Juice

- A. **Cheese Bosco w/ Marinara**
- B. Fajita Chicken Bowl**
- Y. Wow Butter Sandwich & String Cheese**
Fresh Broccoli
Pinto Beans
Lemon Berry Fruit Swirl
Peaches

October 25 - E

- A. French Toast & Sausage Links
- B. Kraves Pouch & String Cheese**
Apple Slices
Milk, Juice

- A. **Pancakes & Sausage Links**
- B. Mini Corn Dogs**
- Y. Yogurt & Muffin**
Green Beans
Grape Tomatoes
Pears
Cinnamon Applesauce

October 26 - A

- A. Cheese Stuffed Pretzel
- B. Trix Bar & Yogurt**
Clementine
Milk
Juice

- A. **Popcorn Chicken & Roll**
- B. Lasagna & Breadstick**
- Y. Wow Butter Sandwich & String Cheese**
Power Salad
Corn
Apple Slices
Fruit Cocktail
Chocolate Chip Cookie

October 27 - B

- A. Bacon Breakfast Pizza
- B. Froot Loops Pouch & String Cheese**
Mandarin Orange Cup
Milk

- A. **Stuffed Crust Pizza**
- B. Fish Shapes & Roll**
- Y. Yogurt & Cracker Crisps**
Roasted Cauliflower
Fresh Red Peppers
Mandarin Oranges
Grapes

October 30 - C

- A. Cereal & String Cheese
- B. Muffin**
Cinnamon Applesauce Cup
Milk
Juice

- A. **Mozzarella Cheese Sticks & Marinara**
- B. Southern Drumstick & Roll**
- Y. Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Green Beans
Pears

October 31 - D

- A. Cereal & Yogurt
- B. Apple Cinnamon Roll**
Diced Pear Cup
Milk
Juice

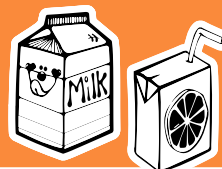
- A. **Hamburger w/ Bun**
- B. Cheese Ravioli W/ Breadstick**
- Y. Wow Butter Sandwich & String Cheese**
Salad Mix
Grape Tomatoes
Baked Beans
Fruit Cocktail
Halloween Cake

Café 233 Milk/Juice Choices

Breakfast choices vary depending on location. **Bolded** breakfast items available at **Grab-n-Go Breakfast**. Check with your school for details on menu items and serving times.

Daily Milk Choices: 1% White, Skim Chocolate
Daily 100% Juice Choices: Apple, Orange

Scan with your mobile device and view menus on the go!





Café 233



October 2017 Breakfast & Lunch Menu



Do you have a question for Cafe 233? Visit our website at www.olatheschools.com/cafe233. The USDA is an equal opportunity provider and employer.

October Grill Day!

Celebrate School Lunch

- A. Grilled Hamburger
- B. Grilled Hot Dog
- Y. Yogurt & Mini Pancakes
- Romaine/Onion/Tomato/Pickles
- Cheddar Sun Chips
- Baked Beans
- Baby Carrots
- Watermelon or Grapes*
- Frozen Fruit Swirl

Manchester Park	Monday	October 2, 2017
Rolling Ridge	Tuesday	October 3, 2017
Madison Place	Wednesday	October 4, 2017
Woodland	Thursday	October 5, 2017
Forest View	Friday	October 6, 2017
Millbrooke	Monday	October 9, 2017
Countryside	Tuesday	October 10, 2017



*Fruit may be substituted depending on seasonal availability



Do you have a food allergy? Wondering which items have pork in them?
Do you need to know how many carbohydrates are in a food item?

Check out our website for ingredient labels and nutrition facts: www.olatheschools.com/cafe233



Trying new foods is important for lots of reasons.

- Different foods have different nutrients. We need these different nutrients to keep us healthy and strong.
- Your taste buds are always changing. This means that something you tried last month might actually taste better this month.
- Trying new foods is adventurous and gives you courage to face new experiences.

Families can help by -

- Offering new foods at the beginning of a meal, when everyone is hungry. Always offer something new with at least one food your family already likes.
- Never force a child to eat. As they become more familiar with a food, they may decide to taste it.

Café 233 Job Openings

Work a few hours a day in one of our school kitchens! Earn some money while your student is at school. Check out our current openings at www.olatheschools.org, go to Job Opportunities look under Current Openings and then Food Services. *No Evenings, Weekends, or Holidays.*



HAPPY HALLOWEEN!

Café 233



Please visit www.olatheschools.com/cafe233 and click on *Catering and Classroom Treats* for details!