

Monday

October 1 - A

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

- A. **Mac & Cheese w/ Roll**
- B. **Southern Drumstick & Roll**
- Y. **Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Green Beans
Pears
Sugar Cookie

Tuesday

October 2 - B

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

- A. **Chicken Strips & Roll**
- B. **Breaded Chicken Sandwich**
- Y. **Wow Butter Sandwich & String Cheese**
Romaine & Spinach Salad
Grape Tomatoes
Peaches
Rosy Applesauce

Wednesday

October 3 - 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 4 - D

- A. Mini Pancakes
- 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
Fresh Veggies & Ranch
Strawberries & Bananas
Vanilla Pudding

Friday

October 5 - E

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

- A. **Cheeseburger w/ Bun**
- B. **Cheese Ravioli W/ Roll**
- Y. **Yogurt & Cracker Crisps**
Salad Mix
Fries
Baked Beans
Fruit Cocktail

October 8 - A

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

- A. **Chicken Tender Bites w Roll**
- B. **Cheese Bosco w/ Marinara**
- Y. **Yogurt & Mini Pancakes**
Romaine Salad
Corn
Applesauce
Tropical Fruit

October 9 - B

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

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

October 10 - 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
Pears
Pineapple

October 11

- A. Cinni Minis
- B. **Cocoa Puff Bar & Yogurt**
Clementine
Milk
Juice

NO LUNCH TODAY: HALF-DAY



NO SCHOOL TODAY



October 15 - D

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

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

October 16 - E

- A. Cereal & Yogurt
- B. **Oatmeal Cinnamon Bun**
Cherry Craisins
Milk
Juice

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

October 17 - A

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

- A. **French Toast Sticks & Sausage Links**
- B. **Corn Dog**
- Y. **Yogurt & Muffin**
Romaine Salad
Skillet Potatoes
Pears
Peaches

NO SCHOOL TODAY



NO SCHOOL TODAY



October 22 - B

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

- LUCKY TRAY DAY!**
- A. **Chicken Nuggets & Roll**
 - Y. **Yogurt & Mini Pancakes**
Pinto Beans
Mashed Potatoes & Gravy
Pineapple

October 23 - C

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

- A. **Country Breaded Steak Sandwich**
- B. **Cheese Bosco w/ Marinara**
- Y. **Wow Butter Sandwich & String Cheese**
California Veggies
Power Salad
Strawberries & Peaches
Brownie

October 24 - D

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

- A. **Cinnamon Twist & Sausage Links**
- B. **Mini Corn Dogs**
- Y. **Yogurt & Muffin**
Green Beans
Baby Carrots
Pears
Applesauce

October 25 - E

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

- A. **Popcorn Chicken & Roll**
- B. **Nacho Bites**
- Y. **Wow Butter Sandwich & String Cheese**
Romaine Salad
Corn
Apple Slices
Fruit Cocktail

October 26 - A

- A. Bacon Breakfast Pizza
- B. **Froot Loops Pouch & String Cheese**
Craisins - Strawberry
Milk, Juice

- A. **Cheese Pizza**
- B. **Mozzarella Cheese Sticks & Marinara**
- Y. **Yogurt & Cracker Crisps**
Peas & Carrots
Fresh Red Peppers
Mandarin Oranges
Grapes
Lemon Berry Fruit Swirl

October 29 - B

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

- A. **Mac & Cheese w/ Roll**
- B. **Southern Drumstick & Roll**
- Y. **Yogurt & Mini Pancakes**
Romaine & Spinach Salad
Green Beans
Pears
Carnival Cookie

October 30 - C

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

- A. **Chicken Strips & Roll**
- B. **Breaded Chicken Sandwich**
- Y. **Wow Butter Sandwich & String Cheese**
Romaine & Spinach Salad
Grape Tomatoes
Peaches
Rosy Applesauce

October 31 - D

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

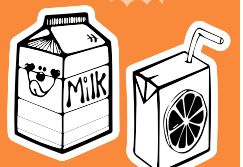
- A. **French Toast Sticks & Sausage Links**
- B. **Corn Dog**
- Y. **Yogurt & Muffin**
Potato Triangles
Baby Carrots
Mandarin Oranges
Pineapple

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, 1% Chocolate
Daily 100% Juice Choices: Apple, Orange

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





October 2018



Breakfast & Lunch



Café 233

Do you have a question for Cafe 233? Visit our website at www.olatheschools.org/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 1, 2018
Rolling Ridge	Tuesday	October 2, 2018
Madison Place	Wednesday	October 3, 2018
Woodland	Thursday	October 4, 2018
Forest View	Friday	October 5, 2018
Millbrooke	Monday	October 8, 2018
Countryside	Tuesday	October 9, 2018



*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.org/cafe233



Chocolate Milk Change!

In our constant mission to improve the quality and nutrition of our menus we are excited to announce starting October 1st we will be switching our skim Chocolate Milk to a 1% Chocolate Milk. The main benefits of this change will be

- An immediate reduction of added sugar by 30% in our chocolate milk! The American Heart Association recently put an upper limit on added sugar in the diet. Since the majority of children are getting their added sugars through beverages

we hope this change will assist our students in their efforts to maintain a healthy diet.

- Students enjoy the taste of 1% chocolate milk more. Milk provides a unique nutrient package that is especially healthy for children. We are hoping this change assists in increasing dairy consumption across the district.

<http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/added-sugars>

Café 233 Job Openings

Check out our current openings at CafeJobs.OlatheSchools.com, and click on the 'Employment Application' link.



HAPPY HALLOWEEN!

Café 233



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