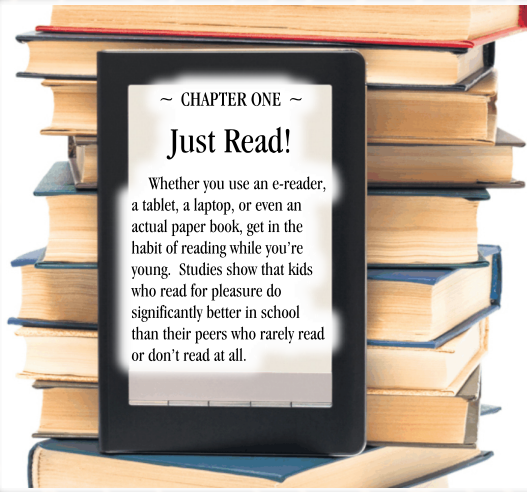


This institution is an equal opportunity provider. Menus are subject to change.

MENUS FOR OCTOBER 2024



YOU'RE GOOD
ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR
 Roseville City School District

Tuesday, October 1
Breakfast
 CHEESY BREADSTICKS
 OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN & CHEESE EMPANADA
 OR
 BEEF TACO

Wednesday, October 2
Breakfast
 BREAKFAST SANDWICH
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 CHEESEBURGER & FRIES

Thursday, October 3
Breakfast
 MINI PANCAKES
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESY BREADSTICKS
 OR
 TERIYAKI CHICKEN BOWL

Friday, October 4
Breakfast
 CINNAMON ROLL
 OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN AND CHEESE BURRITO
 OR
 CRUNCHY FISH STICKS & CHIPS

 COOKIE

Monday, October 7
Breakfast
 BREAKFAST PIZZA
 OR
 CONTINENTAL BREAKFAST

Lunch
 BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
 OR
 PASTA WITH MEAT SAUCE

Tuesday, October 8
Breakfast
 YOGURT PARFAIT
 OR
 CONTINENTAL BREAKFAST

Lunch
 GRILLED CHEESE SANDWICH
 OR
 BEEF TACO

Wednesday, October 9
Breakfast
 MINI WAFFLES
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 CHICKEN PATTY SANDWICH

Thursday, October 10
Breakfast
 CINNI MINI
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESY BREADSTICKS
 OR
 ORANGE CHICKEN BOWL

Friday, October 11
Breakfast
 FRENCH TOAST STICKS OR CONTINENTAL BREAKFAST

Lunch
 CHEF'S CHOICE

 COOKIE

Monday, October 14
Breakfast
 SCONE
 OR
 CONTINENTAL BREAKFAST

Lunch
 BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
 OR
 TURKEY & CHEESE SANDWICH

Tuesday, October 15
Breakfast
 CHEESY BREADSTICKS
 OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN & CHEESE EMPANADA
 OR
 BEEF TACO

Wednesday, October 16
Breakfast
 BREAKFAST SANDWICH
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 CHEESEBURGER & FRIES

Thursday, October 17
Breakfast
 MINI PANCAKES
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESY BREADSTICKS
 OR
 TERIYAKI CHICKEN BOWL

Friday, October 18
Breakfast
 CINNAMON ROLL
 OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN AND CHEESE BURRITO
 OR
 CRUNCHY FISH STICKS & CHIPS

 COOKIE



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, October 21

Breakfast
 BREAKFAST PIZZA
 OR
 CONTINENTAL BREAKFAST

Lunch
 BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
 OR
 PASTA WITH MEAT SAUCE

Tuesday, October 22

Breakfast
 YOGURT PARFAIT
 OR
 CONTINENTAL BREAKFAST

Lunch
 GRILLED CHEESE SANDWICH
 OR
 BEEF TACO

Wednesday, October 23

Breakfast
 MINI WAFFLES
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 CHICKEN PATTY SANDWICH

Thursday, October 24

Breakfast
 CINNI MINI
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESY BREADSTICKS
 OR
 ORANGE CHICKEN BOWL

Friday, October 25

Breakfast
 FRENCH TOAST STICKS
 OR
 CONTINENTAL BREAKFAST

Lunch
 MACARONI AND CHEESE
 OR
 CHICKEN TENDERS

COOKIE



What's on **YOUR** plate?

What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 28

Breakfast
 SCONE
 OR
 CONTINENTAL BREAKFAST

Lunch
 BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)
 OR
 TURKEY & CHEESE SANDWICH

Tuesday, October 29

Breakfast
 CHEESY BREADSTICKS
 OR
 CONTINENTAL BREAKFAST

Lunch
 BEAN & CHEESE EMPANADA
 OR
 BEEF TACO

Wednesday, October 30

Breakfast
 BREAKFAST SANDWICH
 OR
 CONTINENTAL BREAKFAST

Lunch
 CHEESE PIZZA
 OR
 CHEESEBURGER & FRIES



STAY ALERT & BE SAFE!



YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!

OUR NATION'S HISTORY

October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

WITH LIBERTY & JUSTICE FOR ALL