



OCTOBER 2022

OKINAWA REGION: K-5 BREAKFAST

❶ Pork Free Menu Item
❷ Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday	
-3- ❶ Sausage Slider ❷ Cereal Fruit Juice Milk	-4- Mini Blueberry Pancakes Scrambled Eggs Fruit Juice Milk	-5- ❶ All American Breakfast ❷ Cereal Fruit Juice Milk	-6- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-7- Biscuit w/Jelly ❶ Bacon (extra) Fruit Juice Milk	
-10- ❶ Ham & Cheese Bagel ❷ Cereal Fruit Juice Milk	-11- Waffles ❶ Sausage Patty Fruit Juice Milk	-12- Breakfast Frittata ❷ Cereal Fruit Juice Milk	-13- Yogurt Smoothie ❶ Pancake Sausage Bites Fruit Juice Milk	-14- ❶ Monte Cristo Sandwich ❷ Cereal Fruit Juice Milk	
-17- ❶ Sausage Biscuit ❷ Cereal Fruit Juice Milk	-18- ❶ Ham & Cheese Roll Up Variety Muffin Fruit Juice Milk	-19- ❶ All American Breakfast w/Sausage ❷ Cereal Fruit Juice Milk	-20- Yogurt Smoothie French Toast Bites Fruit Juice Milk	-21- ❶ Breakfast Taco ❷ Cereal Fruit Juice Milk	
-24- ❶ Sausage Slider ❷ Cereal Fruit Juice Milk	-25- Mini Blueberry Pancakes Scrambled Eggs Fruit Juice Milk	-26- ❶ All American Breakfast ❷ Cereal Fruit Juice Milk	-27- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-28- Donut w/ ❶ Sausage Patty ❷ Cereal Fruit Juice Milk	
-31- ❶ Ham & Cheese Bagel Cereal Fruit Juice Milk	<p style="text-align: center;"><u>FOOD ALLERGIES</u> or <u>SPECIAL DIETS:</u> Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p>				
		<p style="color: green;"><u>Breakfast</u></p> Students: All Grades Full Price \$2.00 Reduced Price \$0.30		<p style="color: blue;"><u>MEAL PRICES</u></p> Non-Student \$4.25 Breakfast Plus \$1.50	
				<p style="color: blue;"><u>Lunch</u></p> Students: Full Price Elementary \$3.50 Secondary \$3.75 Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25	

Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.

This institution is an Equal Opportunity Provider



OCTOBER 2022

OKINAWA REGION: K-5 LUNCH

① Pork Free Menu Item

② Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; color: red;">-3-</p> <p>Chicken Drumstick w/Cornbread OR <u>Beef Tenders w/Brown Gravy & Cornbread</u> OR Fajita Chicken Salad w/Tortilla Chips (V Avail.) Seasoned Corn Celery/Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-4-</p> <p>Spaghetti & ●Meatsauce OR <u>Spaghetti w/Marinara (V) OR</u> Chicken Veggie Dumplings Italian Green Beans Caprese Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-5-</p> <p><u>Cheese Pizza OR</u> ●Pepperoni Pizza OR Mediterranean Hummus Chicken Wrap Seasoned Broccoli Cucumber Coins Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-6-</p> <p><u>Beefy Alfredo & Rice</u> OR Chicken Curry & Rice OR Manager's Choice Salad + Grain (V) Cherry Tomato Dippers Seasoned Peas and Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-7-</p> <p>Chicken & Waffles OR ●Monte Cristo Sandwich OR Chef Salad (V Avail) w/Pretzel Bites (SS-Chicken Tenders) Sweet Potato Fries Baked Beans Fruit Choice of Milk</p>
<p style="text-align: center; color: red;">-10-</p> <p>BBQ Chicken Wings w/Cornbread OR Mediterranean Hummus Wrap (V) OR <u>Hawaiian Chicken Wrap</u> Green Apple Slaw Honey Glazed Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-11-</p> <p>Cheeseburger Mac w/Dinner Roll OR <u>Macaroni & Cheese (V) w/Dinner Roll OR</u> Market Salad w/Pretzel Bites (V) Dark Green Side Salad Christmas Veggies Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-12-</p> <p>Chicken Tacos OR Beef Tacos OR Cheese Quesadilla (V) Ranchero Beans Elote Corn Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-13-</p> <p><u>Sweet & Sour Chicken w/Rice</u> OR ●Mini Corn Dogs OR Manager's Choice Salad + Grain (V) Seasoned Broccoli Pickled Cucumbers Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-14-</p> <p><u>Hamburger OR Cheeseburger</u> OR Grilled Chicken Sandwich OR Southwest Salad w/Chips (V) Ranch Fries Bell Pepper Strips Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; color: red;">-17-</p> <p>Chicken Teriyaki Drumstick w/Pretzel Bites OR Hummus Salad Bowl (V) & Pretzel Dippers OR <u>Chicken Veggie Dumplings</u> Celery Dippers Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-18-</p> <p>Chicken Alfredo w/Garlic Baguette OR Alfredo Mac (V) w/Garlic Baguette OR ●BBQ Joe Baked Beans Italian Green Beans Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-19-</p> <p><u>Cheese Pizza (V) OR</u> Manager's Choice Pizza OR ●Cold Cut Sandwich Parmesan Broccoli Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-20-</p> <p><u>Chicken PoBoy w/Rooster Sauce</u> OR Cheesy Breadsticks w/Marinara (V) OR ●Mini Corn Dogs Dark Green Side Salad Ranch Fries Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-21-</p> <p>BBQ Chicken Sandwich OR Beef Tender Sandwich OR Chicken Tender Salad w/Cornbread (SS-Beef Tenders w/Gravy) Seasoned Corn Sweet Potato Fries Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; color: red;">-24-</p> <p>Sweet Sour Chicken Wings w/Confetti Rice OR Cheesy Breadsticks w/Marinara (V) OR Manager's Choice Salad + Grain (V) (SS-Chicken Tenders w/Confetti Rice) Seasoned Green Peas Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-25-</p> <p>●Rose Spaghetti w/Meatballs OR Rose Spaghetti (V) w/Dinner Roll OR Market Salad w/Slider Roll (V Avail) (SS-●Rose Spaghetti w/Meatsauce) Roasted Broccoli Vinaigrette Slaw Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-26-</p> <p>Chicken Nachos OR <u>Beef Nachos</u> OR Cheese Nachos (V) Ranchero Beans Dark Green Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-27-</p> <p><u>Chicken Nuggets w/Biscuit</u> OR Waffle, Egg & Cheese Sandwich OR ●Sausage & Egg Biscuit Cucumber Coins Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red;">-28-</p> <p><u>Patty Melt</u> OR Chicken Veggie Dumplings OR Manager's Choice Salad + Grain (V) Oven Fries Savory Green Peas Fruit Choice of Milk</p>
<p style="text-align: center; color: red;">-31-</p> <p>BBQ Drumstick w/Cornbread OR <u>Beef Tenders w/Brown Gravy & Cornbread</u> OR Chef Salad w/Cornbread (V Avail) Honey Glazed Carrots Sweet Pea Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; color: red; font-weight: bold;">FOOD ALLERGIES</p> <p style="text-align: center; color: red; font-weight: bold;">or SPECIAL DIETS:</p> <p>Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p>			
<p style="text-align: center; color: green; font-weight: bold;">Breakfast</p> <p>Students: All Grades Non-Student \$4.25 Full Price \$2.00 Breakfast Plus \$1.50 Reduced Price \$0.30</p>		<p style="text-align: center; color: blue; font-weight: bold;">MEAL PRICES</p> <p style="text-align: center; color: blue; font-weight: bold;">Lunch</p> <p>Students: Full Price Elementary \$3.50 Secondary \$3.75</p>		<p style="text-align: center; color: blue; font-weight: bold;">Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25</p>
<p style="color: blue; font-weight: bold;">VEGETARIAN SALAD OPTION AVAILABLE DAILY</p>			<p style="color: blue; font-weight: bold;">SureStart menu items are underlined each day</p>	

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