

## Kestrel Heights Menu- October 2024

<b>October</b>				
	Tuesday (10/1)	Wednesday (10/2)	Thursday (10/3)	Friday (10/4)
<b>Breakfast</b>				
	WG Waffle  Spiced Apples 100% Fruit Juice Milk	Banana Bread Slice  Fresh Fruit 100% Fruit Juice Milk	WG Breakfast Burrito  Fruit Cup 100% Fruit Juice Milk	WG Nutri Grain Bar Cheese Stick  Fruit Cup 100% Fruit Juice Milk
<b>Lunch</b>				
	Crispy Chicken Strips or Crispy Tofu  Roll Baked Beans Potato Wedges Fresh Fruit Milk	Cheese Ravioli w/Meat Sauce or Cheese Ravioli w/Marinara  Sauteed Bell Peppers (Orange, Red, Green) Glazed Carrots Fresh Fruit Milk	Barbeque Chicken Thighs or BBQ Tofu  Golden Cornbread Mashed Potatoes Cool NC Collards Applesauce Cup Milk	Cheese Pizza  Corn Broccoli Diced Peaches Milk
Monday (10/7)	Tuesday (10/8)	Wednesday (10/9)	Thursday (10/10)	Friday (10/11)
<b>Breakfast</b>				
<b>NO SCHOOL (Teacher Workday)</b>	Pancakes  Fresh Fruit 100% Fruit Juice Milk	WG Granola & Yogurt Banana 100% Fruit Juice Milk	French Toast Sticks  Spiced Apples 100% Fruit Juice Milk	Banana Bread Slice  Apple 100% Fruit Juice Milk
<b>Lunch</b>				
<b>NO SCHOOL (Teacher Workday)</b>	Pulled Chicken BBQ Bun or Chickpea Salad on Bun  Zany Zucchini & Tomatoes Sauteed Kale Fresh Fruit Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick  Roll Sauteed Squash Fresh Green Beans Fresh Fruit Milk	Chicken & Waffles or Crispy Tofu & Waffles  Super Sauteed Spinach Hashbrown Potatoes Diced Peaches Milk	Cheese Pizza  Corn Broccoli Diced Peaches Milk
Monday (10/14)	Tuesday (10/15)	Wednesday (10/16)	Thursday (10/17)	Friday (10/18)
<b>Breakfast</b>				
WG Cereal  Fruit Choice 100% Fruit Juice Milk	WG Breakfast Burrito  Spiced Peaches 100% Fruit Juice Milk	Banana Bread Slice  Fresh Fruit 100% Fruit Juice Milk	WG Waffle  Spiced Apples 100% Fruit Juice Milk	WG Granola Bar Cheese Stick  Fruit Cup 100% Fruit Juice Milk
<b>Lunch</b>				

Cheese Ravioli w/Meat Sauce or Cheese Ravioli w/Marinara Roll Zany Zucchini Glazed Carrots Fresh Fruit Milk	Crispy Chicken Strips or Crispy Tofu Roll Baked Beans Potato Wedges Fresh Fruit Milk	Turkey Sub or Mozzarella, Spinach & Tomato Sub Sun Chips Baby Carrots w/Dressing Applesauce Cup Milk	Herb Roasted Chicken Thighs Black Beans Aromatic Brown Rice California Blend Vegetables Fresh Fruit Milk	Cheese Pizza Corn Broccoli Diced Peaches Milk
<b>Monday (10/21)</b>	<b>Tuesday (10/22)</b>	<b>Wednesday (10/23)</b>	<b>Thursday (10/24)</b>	<b>Friday (10/25)</b>
<b>Breakfast</b>				
Blueberry Muffin Fruit Choice 100% Fruit Juice Milk	French Toast Sticks Spiced Apples 100% Fruit Juice Milk	Oatmeal Fresh Banana 100% Fruit Juice Milk	Pancakes Spiced Peaches 100% Fruit Juice Milk	WG Bagel w/ Cream Cheese Apple 100% Fruit Juice Milk
<b>Lunch</b>				
Beef Chili or Vegetarian Chili Roll Mixed Vegetables Fruit Compote Milk	Chicken Filet on Bun or Chickpea Salad on Bun Hash Brown Potatoes Baked Beans Diced Peaches Milk	Super Beef Spaghetti or Cheesy Spaghetti w/ Cheese Stick Roll Roasted Carrots Fresh Green Beans Fresh Fruit Milk	Mongolian Beef or Hunan-Style Spicy Tofu Fried Rice Stir Fry Vegetables Applesauce Cup Milk	Cheese Pizza Corn Broccoli Diced Peaches Milk
<b>Monday (10/28)</b>	<b>Tuesday (10/29)</b>	<b>Wednesday (10/30)</b>	<b>Thursday (10/31)</b>	
<b>Breakfast</b>				
<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	
<b>Lunch</b>				
<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	<b>NO SCHOOL – Fall Break</b>	