

# October

# ALPHA CHARTER SCHOOL OF EXCELLENCE



Monday



Tuesday

Wednesday

Thursday

Friday

**BREAKFAST:** 01  
Pears  
English Muffin w/ Butter  
and Milk

**LUNCH:**  
Homemade Beefaroni  
Buttery Steam Corn  
Applesauce  
Milk

**BREAKFAST:** 02  
Pineapple Chucks  
Sandwich, Slider Egg , Cheese  
And Milk

**LUNCH:**  
Our Famous Meatballs with cheese  
Whole Grain Sub Bun  
Mixed Green Salad w/ Ranch  
Pears and Milk

TEACHER PLANNING DAY 03



**BREAKFAST:** 04  
Cinnamon Apple  
Pancakes w/ syrup  
And Milk

**LUNCH:**  
Pizza  
Peas & Carrots  
Slushy and Milk

**BREAKFAST:** 07  
Peaches  
Cereal and Milk

**LUNCH:**  
Chicken Tenders w/ Ketchup  
Mashed Potatoes Bowl w/ Gravy  
Corn  
Bread Roll  
Peaches and Milk

**BREAKFAST:** 08  
Pears  
Mini-Ham  
Cheese Slider and Milk

**LUNCH:**  
Deli Grilled Turkey Cheese  
Chips  
Steamed Baby Carrots  
Mixed Green Salad w/ Ranch  
Mandarin Orange and Milk

**BREAKFAST:** 09  
Tropical Mixed Fruits  
French Toast w/ Jelly  
And Milk

**LUNCH:**  
Ropa Vieja on a soft Taco  
Grilled Corn Salad w/ Lime dressing  
Refried Beans  
Orange Natural and Milk

**BREAKFAST:** 10  
Fresh Bananas and Juice  
English Muffin w/ Butter  
And Milk

**LUNCH:**  
Homemade Macaroni & Cheese  
Green Beans  
Broccoli w/ Ranch  
Slushy and Milk

**BREAKFAST:** 11  
Peaches  
Pancakes w/ syrup  
And Milk

**LUNCH:**  
Pizza  
Cold Baby Carrots w/ Ranch  
Pineapple and Milk

**BREAKFAST:** 14  
Peaches  
Cereal  
Milk

**LUNCH:**  
Beef Taco Pocket w/ Fiesta Salsa  
Pita Bread  
Corn  
Peaches and Milk

**BREAKFAST:** 15  
Cinnamon Apple  
Bagel w/ cream cheese and jelly  
Milk

**LUNCH:**  
Chicken Waffle Sandwich w/ Honey  
Mustard  
Broccoli w/ Ranch  
Mandarin Orange and Milk

**BREAKFAST:** 16  
Egg Burrito  
Fruit Cocktail And Milk

**LUNCH:**  
White Cheddar Mac and Cheese  
Steamed Carrots  
Green Peas  
Pears and Milk

**BREAKFAST:** 17  
Mandarin Oranges  
WG Waffles w/ syrup  
and Milk

**LUNCH:**  
Cuban Picadillo w/ Potatoes  
Brown Rice  
Steamed Plantains  
Black Beans  
Mandarin Orange and Milk

**BREAKFAST:** 18  
Pears  
Banana Bread w/ butter  
Boiled Eggs

**LUNCH:**  
Pizza  
Steamed Carrots  
Corn  
Slushy  
Milk

# October

## ALPHA CHARTER SCHOOL OF EXCELLENCE



Monday

**BREAKFAST:** 21  
Fruit Cocktail  
Cereal And Milk

**LUNCH:**  
Cheeseburger with ketchup  
Hamburger Bun  
Steam Broccoli  
Mandarin Oranges and Milk

Tuesday

**BREAKFAST:** 22  
Choco Banana Bread  
Applesauce  
and Milk

**LUNCH:**  
Arroz con Pollo Criollo w/ Corn  
Bread Roll  
Mixed Green Beans Steam  
Slushy and Milk

Wednesday

**BREAKFAST:** 23  
English Muffin  
Egg Patty w/ Ham  
Pears  
And Milk

**LUNCH:**  
Honey Chicken  
Brown Rice  
Peas and Carrots  
Applesauce  
Milk

Thursday

**BREAKFAST:** 24  
Red Apple  
Yogurt  
Corn Flake  
and Milk

**LUNCH:**  
Classic Ground Taco Beef  
Nacho Chips  
Mexican Corn  
Refried Beans  
Fruit Cocktail and Milk

Friday

**BREAKFAST:** 25  
Mandarin Oranges  
Biscuit  
Sausage  
And Milk

**LUNCH:**  
Pizza  
Steam Carrots  
Pears  
Milk

# HALLOWEEN

**BREAKFAST:** 28  
Mandarin Oranges  
Cereal And Milk

**LUNCH:**  
**Copycat KFC Bowls:**  
Popcorn Chicken  
Mashed Potatoes, Corn, Shredded  
Cheese and Gravy  
Peaches and Milk

**BREAKFAST:** 29  
Pears  
English Muffin w/ Butter  
and Milk

**LUNCH:**  
Homemade Beefaroni  
Buttery Steam Corn  
Applesauce  
Milk

**BREAKFAST:** 30  
Pineapple Chunks  
Sandwich, Slider Egg & Cheese  
And Milk

**LUNCH:**  
Our Famous Meatballs with cheese  
Whole Grain Sub Bun  
Mixed Green Salad w/ Ranch  
Pears and Milk

**BREAKFAST:** 31  
Cinnamon Apple  
Pancakes w/ syrup  
And Milk

**LUNCH:**  
Beef Stew Casserole  
Brown Rice  
Black Beans  
Steam Carrots  
Mandarin Orange and Milk

COURTESY:  
SPOOKY RICE CRISPY TREAT

