


Monday	Tuesday	Wednesday	Thursday	Friday
2 Classic Rotini Pasta House Made Marinara Sauce String Cheese Soft Bread Roll Locally Sourced Garden Salad Crisp Apple	3 Teriyaki Beef Dunkers Fluffy Steamed White Rice Locally Sourced Garden Salad Fortune Cookie Chilled Pineapple Chunks	4 Cheese Quesadilla Celery Sticks Locally Sourced Garden Salad Sour Cherry Refreshing Ice Cup	5 Hebrew National Kosher All Beef Hot Dog On Whole Wheat Bun Baked Original Sun Chips Locally Sourced Garden Salad Chilled Sliced Peaches	6 Beef or Bean Nachos W/all Sides Locally Sourced Garden Salad Locally Sourced Fresh Fruit
9 October Break	10 October Break	11 October Break	12 October Break	13 October Break
16 Staff Development	17 Whole White Meat Chicken Nuggets Creamy Mashed Potatoes Heavenly Brown Gravy Locally Sourced Garden Salad Refreshing Sweet Grapes	18 Vegetarian Lasagna Fresh Baked Bread Stick Locally Sourced Garden Salad Sour Apple Refreshing Ice Cup	19 Grass-Fed Organic Beef Hamburger or Cheeseburger OR Spicy Chicken Burger On Whole Wheat Bun Baked Original Sun Chips Tangerine	20 Beef or Bean Nachos W/all Sides Locally Sourced Garden Salad Locally Sourced Fresh Fruit
23 Bean & Cheese Burrito Traditional Spanish Rice Locally Sourced Garden Salad Crisp Apple	24 Teriyaki Beef Dunkers Fluffy Steamed White Rice Locally Sourced Garden Salad Fortune Cookie Chilled Pineapple Chunks	25 Grilled Cheese Sandwich Cup of Homestyle Chicken Noodle Soup Locally Sourced Garden Salad Sour Cherry Refreshing Ice Cup	26 Grilled Cheese Sandwich Cup of Homestyle Chicken Noodle Soup Locally Sourced Garden Salad Sour Cherry Refreshing Ice Cup	27 Beef or Bean Nachos W/all Sides Locally Sourced Garden Salad Locally Sourced Fresh Fruit
30 Classic Pasta House Made Marinara Sauce String Cheese Soft Warm Bread Roll Locally Sourced Garden Salad Crisp Apple	31 Whole White Meat Chicken Nuggets Creamy Mashed Potatoes Heavenly Brown Gravy Locally Sourced Garden Salad Chillin Bat Ice Cup Halloween Cookie			

Lunch Price: \$4.00 paid, .40 reduced

You may qualify for free or reduced price meals. Applications are available at all schools, at the District Office and on line at the Carmel Unified website. For questions regarding the Food Service program please call the Food Service Office at 831-624-4515.