

OCTOBER 2021

VALLEY K-12

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal &
Yogurt

4

Cheesy Bread &
Marinara

Breakfast
Sandwich

5

Hamburger
& Fries

French Toast
& Cereal

6

Chicken Nuggets
& Mashed Potato's

Mini Pancakes
& Yogurt

7

Taco Soup
& Grilled Cheese

Bagel &
Cream Cheese

8

Bean & Cheese
Burrito

Cereal &
Yogurt

11

Corn Dog &
Baked Beans

Muffin
& Cereal

12

Chicken or Fish Sandwich
& Fries

Stuffed Bagel
& Cereal

13

Mandarin Chicken
& Rice

Granola
& Yogurt

14

Taco Salad
& Rice

Breakfast Bar
& Yogurt

15

Chicken Gravy
Over Mashed Potato's

Cereal &
Yogurt

18

Chicken & Cheese
Quesadilla

Breakfast
Sandwich

19

Sloppy
Joe's

Breakfast
Burrito

20

Teriyaki Dippers
& Potato's

Bagel &
Cream Cheese

21

Spaghetti &
Salad

Cereal
& Yogurt

22

Turkey Sandwich
& Chips

Cereal
& Yogurt

25

Pizza
& Corn

Muffin
& Cereal

26

Hot Dog
& Tri-Tater

Mini Pancakes
& Cereal

27

Chicken
& Rice

Stuffed Bagel
& Yogurt

28

Chef Salad
& Breadstick

Cinnamon Roll
& Cereal

29

Tomato Soup
& Cheese Zombie

This institution is an equal opportunity provider.

