

OCTOBER

WHAT'S IN SEASON THIS MONTH?

Look for locally sourced peppers, cauliflower, cherry tomatoes and Western Slope Apples.

MONDAY

28 Crispy Chicken Ranch Wrap
Vegetables, fruits & milk

5 Chicken Caesar Wrap
Vegetables, fruits & milk

12 Crispy Chicken Ranch Wrap
Vegetables, fruits & milk

19 Chicken Caesar Wrap
Vegetables, fruits & milk

26 Crispy Chicken Ranch Wrap
Vegetables, fruits & milk

TUESDAY

29 Cheese and Tomato Sandwich
Vegetables, fruits & milk

6 Tuna Salad Sandwich
Vegetables, fruits & milk

13 Cheese and Tomato Sandwich
Vegetables, fruits & milk

20 Tuna Salad Sandwich
Vegetables, fruits & milk

27 Cheese and Tomato Sandwich
Vegetables, fruits & milk

WEDNESDAY

30 Chicken Taco Wrap
Vegetables, fruits & milk

7 Chicken Salad Sandwich
Vegetables, fruits & milk

14 Chicken Taco Wrap
Vegetables, fruits & milk

21 Chicken Salad Sandwich
Vegetables, fruits & milk

28 Chicken Taco Wrap
Vegetables, fruits & milk

THURSDAY

1 Turkey and Cheddar
Vegetables, fruits & milk

8 Turkey Provolone Hoagie
Vegetables, fruits & milk

15 Turkey and Cheddar
Vegetables, fruits & milk

22 Turkey Provolone Hoagie
Vegetables, fruits & milk

29 Turkey and Cheddar
Vegetables, fruits & milk

FRIDAY

2 Turkey BLT Sandwich
Vegetables, fruits & milk

9 Sunbutter and Banana
Vegetables, fruits & milk

16 Turkey BLT Sandwich
Vegetables, fruits & milk

23 Sunbutter and Banana
Vegetables, fruits & milk

30 Turkey BLT Sandwich
Vegetables, fruits & milk



Artwork by Jia Grippo at Manhattan Middle School

Local farmer partner:



BOULDER VALLEY
SCHOOL DISTRICT

All meals come with 1% or non fat milk as well as a rotating selection of fresh vegetables & fruits

This institution is an equal opportunity provider