



OCTOBER 2024

RATON PUBLIC SCHOOLS MAIN MEAL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 B – Scrambled Eggs w/ Sausage or Cereal</p> <p>L – Green Chile Cheese Tots, Cucumber Slices, Fresh Fruit, Milk Choice</p>	<p>2 B – Pumpkin Muffin w/ String Cheese or Cereal</p> <p>L – Macaroni & Cheese, WG Breadstick, Italian Vegetables, Snap Peas, Fruit, Milk</p>	<p>3 B – Sausage Pancake Stick or Cereal</p> <p>L – Baked Chicken, Dinner Roll, Baked Beans, Fresh Fruit, Milk</p>	<p>4 B – Cereal w/ Graham Crackers, Fruit Juice, Canned Fruit, Milk Choice</p> <p>L – Mozzarella Dippers, Marinara Sauce, Steam Corn, Garden Salad, Fresh Fruit, Milk Choice</p>
<p>7 B – Sausage Biscuit or Cereal</p> <p>L – Breakfast for Lunch – French Toast Sticks, Scrambled Egg, Tater Tots, Fruit, Milk</p>	<p>8 B- Western Scramble, Fresh Fruit, Milk Choice</p> <p>L – Orange Chicken, Steamed Rice and Vegetables, Fortune Cookie, Fruit, Milk Choice</p>	<p>9 B – House Recipe Cinnamon Roll or Cereal, Fruit, Milk Choice</p> <p>L - Spaghetti w/ Meat Sauce, WG Breadstick, Italian Vegetables, Garden Salad, Fruit, Milk Choice</p>	<p>10 B - French Toast Sticks or Cereal, Fruit, Milk Choice</p> <p>L - Green Chile Chicken Enchilada, Pinto Beans, Lettuce and Tomato, Fresh Fruit, Milk Choice</p>	<p>11 B - Ham and Egg Croissant or Cereal, Fruit, Milk Choice</p> <p>Homecoming!</p> <p>Sack Lunch – Early Dismissal.</p>
<p>14 B – Yogurt Parfait w/ Mixed Fruit, Juice, Milk Choice</p> <p>L - Crispy Chicken, Mashed Potato and Gravy, Steamed Corn, WG Dinner Roll, Fruit, Milk Choice</p>	<p>15 B – Biscuit w/ Sausage Gravy, Fruit, Milk Choice</p> <p>L – Cheese Quesadilla, Fresh Salsa, Lettuce and Tomato, Black Beans and Corn, Sour Cream, Fruit, Milk Choice</p>	<p>16 B - Fresh Baked Fruit Muffin or Cereal, Fruit, Milk Choice</p> <p>L – Chicken Alfredo, WG Breadstick, Steam Broccoli, Garden Salad, Fruit, Milk Choice</p>	<p>17 B - Breakfast Tater Tot Nachos or Cereal, Fruit, Milk Choice</p> <p>L - Frito Pie w/ Mild Red, Pinto Beans, Lettuce and Tomato, Fruit, Milk Choice</p>	<p>18 B – Hot Oatmeal or Cold Cereal, Fruit, Milk Choice</p> <p>L - Hamburger on a WG Bun, Cheese, Lettuce and Tomato, Tots, Fruit, Milk Choice</p>
<p>21 B - Ham and Cheese Bar, Fruit Juice, Canned Fruit, Milk Choice</p> <p>B - Chicken Tenders, French Fries, Cucumber Slices, Fruit, Milk Choice</p>	<p>22 Western Scramble or Cereal, Fruit, Milk Choice</p> <p>L - Hamburger Gravy over Mashed Potatoes, Whole Grain Dinner Roll, Steam Squash, Fresh Fruit, Milk Choice</p>	<p>23 B – Cinnamon Roll or Cereal, Fruit, Milk Choice</p> <p>L - Chicken Patty on a Bun, Baked Beans, Lettuce and Tomato, Mayo, Fruit, Milk Choice</p>	<p>24 B – House Recipe Breakfast Pizza or Cereal, Fruit, Milk Choice</p> <p>L - Lasagna, WG Breadstick, Garden Salad, Italian Vegetables, Fruit, Milk Choice</p>	<p>25 Sausage Egg Biscuit, Fresh Fruit, Milk Choice</p> <p>L - Grilled Ham and Cheese Sandwich, Tomato Soup, Celery Sticks, Fresh Fruit, Milk Choice</p>
<p>28 B - Ham and Cheese Bar or Cereal, Fruit, Milk Choice</p> <p>L - Meatball Hoagie, Cucumber & Bell Pepper Slices, Fresh Fruit, Milk Choice</p>	<p>29 B- Veggie Scramble w/ WG Biscuit or Cereal, Fruit Juice, Canned Fruit</p> <p>L – Sloppy Joe Sandwich, Celery Sticks, Steam Corn, Fruit, Milk</p>	<p>30 B- Cook's Choice</p> <p>L- Cook's Choice</p>	<p>31 B – Cook's Choice</p> <p>L – Cook's Choice</p>	<p>Choose MyPlate.gov</p>

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For questions and comments, please email the Food Service Director at michael.sandoval@k12byelior.com.

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