

ROSS ELEMENTARY SCHOOL DISTRICT **BREAKFAST K-12**

OCTOBER 2023 24



Date	Menu Item	Count	Allergens
Monday 2	Cheesy Cornbread Muffin	125	Wheat, Soy, Egg, Milk
Tuesday 3	Breakfast Scones	125	Wheat, Soy, Egg, Milk
Wednesday 4	Breakfast Cereal	125	Wheat, Soy, Milk, Pork, Beef
Thursday 5	Breakfast Muffins	125	Wheat, Soy, Egg, Milk
Friday 6	French Toast Sticks	140	Wheat, Soy, Egg, Milk
Monday 9	Breakfast Cereal	125	Wheat, Soy, Milk, Pork, Beef
Tuesday 10	Breakfast Muffins	125	Wheat, Soy, Egg, Milk
Wednesday 11	Pancakes W/Syrup Brk	125	Wheat, Milk, Egg, Soy
Thursday 12	Yogurt With Grahams	100	Wheat, Soy, Milk
Friday 13	Cherry Frudel	115	Wheat, Soy, Egg, Milk
Monday 16	Breakfast Cereal	125	Wheat, Soy, Milk, Pork, Beef
Tuesday 17	Breakfast Muffins	125	Wheat, Soy, Egg, Milk
Thursday 19	Apple Cinnamon Frudel	Veg 100	Wheat, Soy, Egg, Milk
Friday 20	French Toast Sticks	140	Wheat, Soy, Egg, Milk
Monday 23	Pancakes W/Syrup Brk	125	Wheat, Milk, Egg, Soy
Tuesday 24	Breakfast Cereal	125	Wheat, Soy, Milk, Pork, Beef
Wednesday 25	Cheesy Cornbread Muffin	125	Wheat, Soy, Egg, Milk
Thursday 26	Yogurt With Grahams	100	Wheat, Soy, Milk
Friday 27	Blueberry Crumble	125	Wheat, Soy, Egg, Milk
Monday 30	Pancake Bites	125	Wheat, Milk, Egg, Soy, Turkey
Tuesday 31	Breakfast Scones	100	Wheat, Soy, Egg, Milk



ROSS ELEMENTARY SCHOOL DISTRICT

OCTOBER

Vegan / Gluten
Free



Date	Menu Item		Count	Allergens
Monday 2	Vegan Bean Burrito Bowl	V	20	Tomato, Soy
Tuesday 3	Vegan 3 Bean Chili W/ T.Chips	V	30	Tomato, Soy
Wednesday 4	Myo Vegan Tacos	V	30	Soy
Thursday 5	Vegan Chickpea Tikka Masala	V	20	Tomato, Soy
Friday 6	Vegan Pinto Pozole W/ Tortilla Chips	V	30	Tomato, Soy
Monday 9	Vegan Spanish Beans W/ Rice		20	Tomato, Soy
Tuesday 10	Vegan Fried Rice	V	20	Soy, Sesame
Wednesday 11	Vegan Bean Burrito Bowl	V	20	Tomato, Soy
Thursday 12	Vegan 3 Bean Chili W/ T.Chips	V	30	Tomato, Soy
Friday 13	Myo Vegan Tacos	V	30	Soy
Monday 16	Vegan Chickpea Tikka Masala	V	20	Tomato, Soy
Tuesday 17	Vegan Pinto Pozole W/ Tortilla Chips	V	30	Tomato, Soy
Thursday 19	Vegan Fried Rice	V	20	Soy, Sesame
Friday 20	Vegan Bean Burrito Bowl	V	20	Tomato, Soy
Monday 23	Vegan 3 Bean Chili W/ T.Chips	V	30	Tomato, Soy
Tuesday 24	Myo Vegan Tacos	V	30	Soy
Wednesday 25	Vegan Chickpea Tikka Masala	V	20	Tomato, Soy
Thursday 26	Vegan Pinto Pozole W/ Tortilla Chips	V	20	Tomato, Soy
Friday 27	Vegan Spanish Beans W/ Rice		20	Tomato, Soy
Monday 30	Vegan Fried Rice	V	20	Soy, Sesame
Tuesday 31	Vegan Bean Burrito Bowl	V	20	Tomato, Soy



ROSS ELEMENTARY SCHOOL DISTRICT

OCTOBER

LUNCH K-8 BO

2023 - 2024



Date	Menu Item	Count	Allergens
Monday 2	South Of The Border Chili W/ Tortilla Chips	Veg 110	Milk, Tomato
	Chicken Caesar Wrap	50	Wheat, Chicken, Milk, Egg, Fish
Tuesday 3	Zoe's Cheese Ravioli W/ Marinara Sauce	150	Egg, Milk, Wheat, Tomato
Wednesday 4	Mr. Mike's Bbq Chicken Sandwich	150	Chicken, Wheat, Soy, Milk, Tomato
Thursday 5	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	110	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Chicken Bacon Ranch Wrap	50	Wheat, Milk, Pork, Chicken, Egg, Tomato
Friday 6	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	75	Wheat, Soy, Milk, Tomato
Monday 9	Pasta W/ Olive Oil & Cheese	150	Wheat, Milk
Tuesday 10	Chicken Parmesan W/ Pasta	150	Wheat, Soy, Milk, Tomato, Chicken
Wednesday 11	Beef Burrito	150	Wheat, Milk, Soy, Beef
Thursday 12	Breaded Chicken Sandwich	150	Wheat, Soy, Milk, Chicken, Sesame
Friday 13	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	75	Wheat, Soy, Milk, Tomato
Monday 16	Turkey And Cheese Sandwich	25	Wheat, Milk, Turkey, Soy
	Chicken Pesto Wrap	125	Chicken, Wheat, Milk, Soy
Tuesday 17	Beef Hot Dog	140	Wheat, Beef, Soy
Thursday 19	Chicken Nuggets W/ Rice Pilaf	150	Chicken, Soy, Wheat, Milk, Egg
Friday 20	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	75	Wheat, Soy, Milk, Tomato
Monday 23	Chicken Burrito	90	Milk, Chicken, Wheat, Tomato
	Spicy Chicken Wrap	50	Wheat, Soy, Egg, Milk, Chicken, Sesame
Tuesday 24	Chicken Corn Dog	150	Wheat, Soy, Egg, Chicken, Turkey, Sesame
Wednesday 25	Teriyaki Chicken W/ Rice & Veggies	150	Wheat, Soy, Chicken, Sesame
Thursday 26	Mac And Cheese	150	Wheat, Milk
Friday 27	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	75	Wheat, Soy, Milk, Tomato
Monday 30	Beef And Broccoli Bowl	100	Wheat, Soy, Beef, Sesame
	Chicken Fajita Wrap	50	Wheat, Soy, Egg, Milk, Chicken, Tomato
Tuesday 31	Morticia's Black Bean & Veggie Burrito	130	Wheat, Tomato

