

Cotati-Rohnert Park Unified School District

Elementary Lunch Menu October 2022

Meatless Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> Italian Pasta Bake (V) Garden Burger (V) Galaxy Cheese Pizza (V) 	<u>Grab and Go Tuesday</u> Crispy Chicken Sandwich	<ul style="list-style-type: none"> Chicken Teriyaki w/Brown Rice Spicy Chicken Sandwich Galaxy Cheese Pizza (V) 	<ul style="list-style-type: none"> Cheesy Caesar Salad w/ Breadstick (V) Spicy Chicken Sandwich Galaxy Pepperoni Pizza 	<ul style="list-style-type: none"> Cheese Nachos (V) Garden Burger (V) Galaxy Cheese Pizza (V)
10	11	12	13	14
<ul style="list-style-type: none"> Enchirito (V) Garden Burger (V) Galaxy Cheese Pizza (V) 	<u>Grab and Go Tuesday</u> Chicken Corn Dog	<ul style="list-style-type: none"> Beef Tacos w/Roll Spicy Chicken Sandwich Galaxy Cheese Pizza (V) 	<ul style="list-style-type: none"> Cheesy Caesar Salad w/ Breadstick (V) Spicy Chicken Sandwich Galaxy Pepperoni Pizza 	<ul style="list-style-type: none"> Cheese Quesadilla (V) Garden Burger (V) Galaxy Cheese Pizza (V)
17	18	19	20	21
<ul style="list-style-type: none"> Italian Pasta Bake (V) Garden Burger (V) Galaxy Cheese Pizza (V) 	<u>Grab and Go Tuesday</u> Crispy Chicken Sandwich	<ul style="list-style-type: none"> Chicken Teriyaki w/Brown Rice Spicy Chicken Sandwich Galaxy Cheese Pizza (V) 	<ul style="list-style-type: none"> Cheesy Caesar Salad w/ Breadstick (V) Spicy Chicken Sandwich Galaxy Pepperoni Pizza 	<ul style="list-style-type: none"> Cheese Nachos (V) Garden Burger (V) Galaxy Cheese Pizza (V)
24	25	26	27	28
	<u>Grab and Go Tuesday</u> Chicken Corn Dog	<ul style="list-style-type: none"> Beef Tacos w/Roll Spicy Chicken Sandwich Galaxy Cheese Pizza (V) 	<ul style="list-style-type: none"> Cheesy Caesar Salad w/ Breadstick (V) Spicy Chicken Sandwich Galaxy Pepperoni Pizza 	<ul style="list-style-type: none"> Cheese Quesadilla (V) Garden Burger (V) Galaxy Cheese Pizza (V)
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<ul style="list-style-type: none"> Italian Pasta Bake (V) Garden Burger (V) Galaxy Cheese Pizza (V) 				

Fat Free chocolate milk and 1% unflavored milk are offered everyday.

You must select at least half cup fruit or vegetable, you may take more.

All Meals are offered at NO COST to ALL students. Menu subject to change.

Limit of one of each meal per day per student, please.

This institution is an equal opportunity provider.

