

# Cotati-Rohnert Park Unified School District

## Middle Lunch Menu October 2022

Meatless Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<ul style="list-style-type: none"> <li>Italian Pasta Bake (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Teriyaki w/Brown Rice</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Caesar Salad w/ Breadstick (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Nachos (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>
10	11	12	13	14
<ul style="list-style-type: none"> <li>Enchirito (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Corn Dog</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Beef Tacos w/Roll</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Caesar Salad w/ Breadstick (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Quesadilla (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>
17	18	19	20	21
<ul style="list-style-type: none"> <li>Italian Pasta Bake (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Teriyaki w/Brown Rice</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Caesar Salad w/ Breadstick (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Nachos (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>
24	25	26	27	28
	<ul style="list-style-type: none"> <li>Chicken Corn Dog</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Beef Tacos w/Roll</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>	<ul style="list-style-type: none"> <li>Cheesy Caesar Salad w/ Breadstick (V)</li> <li>Spicy Chicken Sandwich</li> <li>Big Daddy's Pepperoni Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Quesadilla (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>
31	 			
<ul style="list-style-type: none"> <li>Italian Pasta Bake (V)</li> <li>Garden Burger (V)</li> <li>Big Daddy's Cheese Pizza (V)</li> </ul>				

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.

