

OCTOBER 2024

Big Oak Flat Unified School District

MENU SUBJECT TO CHANGE
 Served Daily Milk, Salad cart
 Choice of fruits, vegetables
 Protein items

Monday	Tuesday	Wednesday	Thursday	Friday
	Nacho 1 Or Taquitos Salad cart choices	Chicken Nuggets & Rice Pilaf 2 Or Corndog w/ chips Salad cart choices	Chili Mac 3 Or Mozz Sticks Salad cart choices	Pizza 4 Or Burrito Salad cart choices
Spaghetti & Meat sauce w/ breadstick 7 Or Cheese Pizza Poppers Salad cart choices	Tostada 8 Or Rice Bowl (beef) Salad cart choices	Hamburger w/ chips 9 Or Chicken patty Sandwich Salad cart choices	Chili Baked Potato 10 Or Quesadilla Salad cart choices	Pizza 11 Or Corndog Salad cart choices
Chicken Nuggets & Rice Pilaf 14 Or Corndog w/ chips Salad cart choices	Walking taco 15 Or Taquito Salad cart choices	Meatball Sub 16 Or Ham & Cheese Sub Salad cart choices	Chili Frito Pie 17 Or Quesadilla Salad cart choices	Pizza 18 Or Hotdog w/ chips Salad cart choices
Spaghetti & Meat sauce w/ breadstick 21 Or Cheese Pizza Poppers Salad cart choices	Soft Taco 22 Or Rice Bowl (beef) Salad cart choices	Hamburger w/ chips 23 Or Chicken patty Sandwich Salad cart choices	Grilled Cheese & Tomato soup 24 Or Burrito Salad cart choices	Pizza 25 Or Corndog Salad cart choices
Chicken Nuggets & Rice Pilaf 28 Or Corndog w/ chips Salad cart choices	Nacho 29 Or Taquitos Salad cart choices	Meatball Sub 30 Or Ham & Cheese Sub Salad cart choices	Chili Dogs 31 Or Chicken Patty Salad cart choices	



USDA Requirements: A complete meal consist of 5 items (protein, grain, fruits, vegetable and fluid milk)
 Students must choose 3 with 1 being at least ½ cup fruit &/ or vegetables.