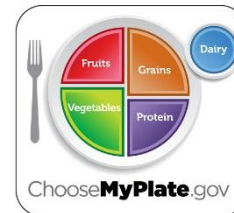


October 2026

Maverick Café Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	REMINDERS
			1 BREAKFAST Blueberry Muffin Cereal Bowls / Cheese String Fruit Juice Chilled Fruit Lunch Cheese Pizza/ Chef Salad Black Beans/Baby Carrot Fresh Tangerine Apple Sauce/ Dice Peaches	2 BEAKFAST Assorted Cereal / Yogurt 100% Fruit Juice / Fruit Cup Apple Strudel Pastry Lunch Uncrushable Sandwich WG Sun Chip Steam Corn/Celery Stick Fresh Pears Fat Free Milk Choice	~~~~~ Flavored Fat Free Milk offered daily for Breakfast & Lunch ~~~~~ All Grain Products served meets the USDA nutritional whole and grain requirements ~~~~~
5 BREAKFAST Chocolate Chips Muffin Yogurt 100% Fruit Juice / Fruit Cup LUNCH Chicken Tender Kernel Corn/Green Pea Orange Glazed Carrot Brown Rice/W Roll Fresh Apples	6 BREAKFAST Cinnamon Raisin Bagel TRIX-Bars/ Celery Sticks Mozzarella Cheese 100% Fruit Juice /fresh Apple LUNCH Turkey Hot Dog W Bun Baby Carrot/Celery /Stick Baked Beans/Fresh Pears	7 BREAKFAST TRIX Bars/ Mozzarella Sticks Yogurt Chilled Fruit / Fruit Juice LUNCH Chopped BBQ Sandwich Season French Fries Creamy Cole Slaw Apple Slices Fat Free Milk Choice	8 BREAKFAST Blueberry Muffins Cheese String Fruit Juice Chilled Fruit/Yogurt LUNCH Nacho / Cheese Veggie Cup Black Bean Peach Cups	9 BREAKFAST Banana Muffin Fresh Fruit / Fruit Juice LUNCH Ham/Cheese Sandwich WG Sun Chip Fresh Fruit / Plum Fat Free Milk Choice	Chef Salad Offer Every Day All Student CEP
12 BREAKFAST Breakfast Pizza Celery /Assorted Yogurt 100% Fruit Juice / Fruit Cup LUNCH Crispy Chicken Sandwich Season Tater Tot Fresh Broccoli Apple Sauce /Pears	13 BREAKFAST Chocolate chip muffin Assorted Yogurt Cheese string Fruit juice / baby carrot LUNCH BBQ on double Coleslaw Celery/ fresh fruit	14 BREAKFAST Blueberry Muffins /Assorted Yogurt Cheese Stick 100% Fruit Juice / Fruit Cup LUNCH Spaghetti Cinnamon Roll Broccoli /Grapes/ Fruit Cocktail Fat Free Milk Choice	15 BREAKFAST Grits w/Cheese Banana Muffin Fruit Juice /Chilled Fruit LUNCH Flavored Wings Curly Fries/Baby Carrot Sidekicks / Banana	16 Teacher Work Day	
19 REAKFAST Blueberry Muffin Assorted Yogurt Cereal Bar Fruit Juice / Fruit Cup Lunch Cheeseburger W Roll Steam Corn/Potato Wedge Carrot Sticks/Brown Rice Fresh Apples	20 BREAKFAST Chicken Biscuit / Baby Carrot Cheese Stick 100% Fruit Juice / Fruit Cup LUNCH Pizza Garden Salad Black Beans /Celery Stick Sun Chips/Fresh Oranges	21 BREAKFAST Chocolate Chip Muffin/ Celery Stick Cheese String/ Fresh Fruit Fruit Juice LUNCH Beef Nacho /Cheese Broccoli/Black Bean Veggie Cup Fresh Grape / Pineapple Fat Free Milk Choice	22 BREAKFAST Assorted Pop-Tart/ Yogurt Cheese Stick Chilled Fruit / Fruit LUNCH Ham/ Cheese / Cheese Sandwich Baked Lay Chip/Baby Carrot Celery Stick Peach Cup / Pears Fat free Milk Choice	23 BREAKFAST Pop-Tart Graham Cracker/ Cheese String 100 % Fruit Juice / Fruit Cup LUNCH Uncrushable/WG Chips Carrot Stick /Red bell pepper stripes Cheesy Broccoli /Mozzarella Cheese CHEEZ-IT Crackers Fresh Oranges/Apple Sauce	MAVERICKS CAFE Menus Subject to Change This institution is an equal opportunity provider. Esta institucion es un proveedor que ofrece igualdad de oportunidades
26 Breakfast Blueberry Muffin Cereal bowls / cheese strings Fruit Juice Chilled Fruit LUNCH Chicken Tender/WH Roll Green Peas/ Glaze Carrot/ Black eye Peas Fresh Apples	27 Breakfast Apple Cinnamon-Bar I/ Yogurt 100% Fruit Juice/ Fruit Cup LUNCH Hot Dogs WH Bun/Chili Baked Beans/ Cole Slaw Baby Carrot/Celery Stick Fresh Pears/WG Cookies	28 Breakfast Pop tart/Graham cracker/cheese string 100% fruit Juice/Fruit cup LUNCH Chicken Salad Sandwich on croissant Lettuce/ tomato/pickle Chips / fresh fruit	29 Breakfast Assorted Bagel Broccoli Fruit Juice/Fruit Cup LUNCH Cheeseburger Veggie Cups Baked Fries / Broccoli Steam Carrot/WG Roll/Pears Apple Sauce	30 Breakfast Sausages Biscuit/ Assorted Yogurt Juice/fruit/baby carrot LUNCH Ham Cheese sandwich Bake potato chips Celery/ baby carrots Cookie/ fresh fruit	

