




**October 2021**

**Oak Valley Elementary  
Jonata Middle School**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST ALL STUDENTS FREE</b>				
Whole grain breakfasts, served with fruit, juice, and 1% or Fat-Free milk MUST take 2 items - MUST take AT LEAST 1/2 cup of Fruit - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk				
Cereal Milk and Fresh Fruit	Whole Grain Muffin Milk and Fresh Fruit	Cereal Milk and Fresh Fruit	Whole Grain Muffin Milk and Fresh Fruit	Cereal Milk and Fresh Fruit
<b>LUNCH ALL STUDENTS FREE</b>				
We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk MUST take 3 componenets - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk				
				<b>10/1</b>
				Nachos
<b>10/4</b>	<b>10/5</b>	<b>10/6</b>	<b>10/7</b>	<b>10/8</b>
Soft Tacos	Chicken & Waffles	Green Chile & Cheese Tamale	Cheeseburger	Chicken Tenders & Cornbread
<b>10/11 No School</b>	<b>10/12</b>	<b>10/13</b>	<b>10/14</b>	<b>10/15</b>
 National School Lunch Week	Corn Dog	Bean & Cheese Burrito	Taquitos w/ Salsa	Meatloaf, Mash Potatoes & Corn Bread
<b>10/18</b>	<b>10/19</b>	<b>10/20</b>	<b>10/21</b>	<b>10/22</b>
Lasagna	Corn Dog	Pepperoni Pizza	Chicken Sandwich	Nachos
<b>10/25</b>	<b>10/26</b>	<b>10/27</b>	<b>10/28</b>	<b>10/29</b>
Soft Taco	Chicken & Waffles	Green Chile & Cheese Tamale	Cheeseburger	Sloppy Joes

Menu is subject to change without notice. This institution is an equal opportunity provider.

Payments can be made in the Café or online at MySchoolBucks.com - Los pagos pueden hacerse en el Café o en linea en MySchoolBucks.com

**Breakfast and lunch FREE for all students! ;Desayuno y almuerzo GRATIS para todos los estudiantes!**