

# CEC OCTOBER MENU

# 2025

## Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering

303-778-0916



| Monday                                                                                                                                                          | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                                               | Thursday                                                                                                                                                                          | Friday                                                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                 |                                                                                                                                                           | 1<br>Vanilla Yogurt<br>Honey Granola<br>100% Juice<br>Sliced Peaches<br><br>Breakfast Sandwich<br>Buttermilk Biscuit<br>Egg Patty<br>Cheddar Cheese<br>Hash Browns<br>Fresh Green Apple | 2<br>Apple Cinnamon<br>Oatmeal Round<br>Dried Fruit<br>Fresh Banana<br><br>Beef Soft Tacos<br>Cheddar Cheese<br>Tortillas, Salsa<br>Refried Beans<br>Orange Quarters              | 3<br>Pumpkin Bread<br>String Cheese<br>100% Juice<br>Applesauce Cup<br><br>Turkey & Cheese<br>Croissant<br>Deli Turkey<br>Sliced Cheddar<br>Carrot Bites, Ranch Dip<br>Seasonal Fruit |
| 6<br>Strawberry Cinnaboli<br>100% Juice<br>Fresh Apple<br><br>Chicken Tenders<br>BBQ Sauce<br>Homemade Cornbread<br>Carrot Bites, Ranch Dip<br>Frozen Fruit Cup | 7<br>Cocoa Puffs Bowl<br>Dried Apples<br>Fresh Orange<br><br>Grilled Hamburger<br>Wheat Bun, Ketchup<br>Baked Beans<br>Sliced Peaches                     | 8<br>Lemon Poppyseed<br>Bread<br>String Cheese<br>100% Juice<br>Fruit Cup<br><br>Pancakes, Syrup<br>Sausage Patty<br>Hash Browns<br>Orange Quarters                                     | 9<br>Breakfast Bar A<br>Dried Fruit<br>Fresh Banana<br><br>Macaroni & Cheese<br>Herb Baked Chicken<br>Broccoli, Ranch Dip<br>Fresh Green Apple                                    | 10<br>Banana Bread<br>Vanilla Yogurt<br>100% Juice<br>Applesauce Cup<br><br>Mini Cheese Pizzabolis<br>Marinara Dipping<br>Sauce<br>Cucumber Salad<br>Seasonal Fruit                   |
| 13<br>No School                                                                                                                                                 | 14<br>No School                                                                                                                                           | 15<br>No School                                                                                                                                                                         | 16<br>No School                                                                                                                                                                   | 17<br>No School                                                                                                                                                                       |
| 20<br>Breakfast Bar B<br>100% Juice<br>Fresh Apple<br><br>Chicken Fajitas<br>Onions, Peppers<br>Tortillas, Salsa<br>Black Beans<br>Frozen Fruit Cup             | 21<br>Maple Waffle<br>Dried Apples<br>Fresh Orange<br><br>Chicken Nuggets<br>Buttermilk Biscuit<br>BBQ Sauce<br>Baby Carrots, Ranch<br>Dip<br>Green Apple | 22<br>Vanilla Yogurt<br>Honey Granola<br>100% Juice<br>Sliced Peaches<br><br>Beef Meat Sauce<br>Rotini Pasta<br>Broccoli, Ranch Dip<br>Sliced Peaches                                   | 23<br>Banana Chocolate Chip<br>Oatmeal Round<br>Dried Fruit<br>Fresh Banana<br><br>Breakfast Burrito<br>Scrambled Eggs<br>Cheddar Cheese, Salsa<br>Hash Browns<br>Orange Quarters | 24<br>Pumpkin Bread<br>String Cheese<br>100% Juice<br>Applesauce Cup<br><br>Cheese Stuffed<br>Breadsticks<br>Marinara Dipping<br>Sauce<br>Coleslaw<br>Seasonal Fruit                  |

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| 27                                                                                                                                                                         | 28                                                                                                                                                                                                         | 29                                                                                                                                                                                                                 | 30                                                                                                                                                                     | 31                                                                                                                                                                                                                                                                                             |
| <i>Strawberry Cinnaboli</i><br><i>100% Juice</i><br><i>Fresh Apple</i><br><br><b>Turkey Hot Dog</b><br><b>Wheat Bun, Ketchup</b><br><b>Baked Beans</b><br><b>Pineapple</b> | <i>Cocoa Puffs Bowl</i><br><i>Dried Apples</i><br><i>Fresh Orange</i><br><br><b>Meatballs in Marinara</b><br><b>Garlic Knot</b><br><b>Romaine Salad</b><br><b>Ranch Dressing</b><br><b>Cinnamon Apples</b> | <i>Lemon Poppyseed</i><br><i>Bread</i><br><i>String Cheese</i><br><i>100% Juice</i><br><i>Fruit Cup</i><br><br><b>Orange Chicken</b><br><b>Brown Rice</b><br><b>Carrot Bites, Ranch Dip</b><br><b>Fresh Banana</b> | <i>Breakfast Bar A</i><br><i>Dried Fruit</i><br><i>Fresh Banana</i><br><br><b>Beef Sloppy Joe</b><br><b>Wheat Bun</b><br><b>Steamed Corn</b><br><b>Orange Quarters</b> | <i>Banana Bread</i><br><i>Vanilla Yogurt</i><br><i>100% Juice</i><br><i>Applesauce Cup</i><br><br><b>Chef Salad</b><br><b>Ham, Turkey, Cheddar</b><br><b>Cheese</b><br><b>Romaine Lettuce</b><br><b>Cucumber, Tomato</b><br><b>Ranch Dressing</b><br><b>Cornbread</b><br><b>Seasonal Fruit</b> |

***\*This institution is an equal opportunity provider.***

***\*\*All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

***\*\*\*This menu is subject to change based on item availability***

***\*\*\*\*Shelf stable meal kits available upon request.***

***Our menu items may contain milk, eggs, wheat, soy, sesame, fish or shellfish.***