



October Menu



Mission



Date	Hot Lunch	Vegetarian Lunch	Sides	Sandwich + Fruit / Veggie & Baked Treat
Wednesday October 2	Fun Lunch! Beef Hot Dogs	Fun Lunch! Veggie Hot Dogs	Blackberry Yogurt Parfait	Bacon & Egg Salad Sandwich with Cucumber & Zucchini Loaf
Friday October 4	Chicken Chow Mein Loaded with Veggies	Tofu Chow Mein Loaded with Veggies	Fruit Cup	Ham & Cheddar Sandwich with Carrots & Brownie
Monday October 7	Meat Sauce & Penne with Carrots	Veggie Sauce & Penne with Carrots	Fresh Berry Cup	Tandoori Chicken Wrap with Peach Cup & Chex Mix
Wednesday October 9	Shepherd's Pie with Fruit	Veggie Shepherd's Pie with Fruit	Melon Cup	Deli Chicken Sandwich with an Apple & Carrot Muffin
Friday October 11	Chicken Fajita Wraps with Fruit & Yogurt	Veggie Fajita Wraps with Fruit & Yogurt	Blueberry Yogurt Parfait	Roast Beef Sandwich with a Mandarin Orange & Zucchini Loaf
Monday October 14	No School! - Thanksgiving			
Wednesday October 16	Cheesy Beef Baked Macaroni with Fruit	Cheesy Veggie Baked Macaroni with Fruit	Mixed Berry Yogurt Parfait	Chicken Bacon Wrap with Apple Sauce & Carrot Cake

Date	Hot Lunch	Vegetarian Lunch	Sides	Sandwich, Fruit / Veggie & Baked Treat
Friday October 18	Butter Chicken on Rice with Fruit	Butter Chickpeas on Rice with Fruit	Peach Jelly Cup	Chicken Caesar Salad with Peach Cup & Chex Mix
Monday October 21	Beef Meatballs & Carrots with Mashed Potatoes	Veggie Balls & Carrots with Mashed Potatoes	Mango Yogurt Parfait	Fried Egg Sandwich with an Apple & Banana Cake
Wednesday October 23	BBQ Pulled Pork Burgers with Fruit	Veggie Burgers with Fruit	Grape Cup	BBQ Chicken Wrap with Cucumber & Chocolate Chip Cookie
Friday October 25	No School! - Non Instructional Day			
Monday October 28	Fun Lunch! French Toast & Sausage	Fun Lunch! French Toast & Veggie Sausage	Raspberry Yogurt Parfait	Egg & Bacon Sandwich with Carrots & Granola Bar
Wednesday October 30	Chicken Dumplings on Veggie Fried Rice	Veggie Dumplings on Veggie Fried Rice	Pineapple Cup	Ham & Cheddar Sandwich with a Mandarin Orange & Chocolate Chip Cookie

