

OCTOBER

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CHICKEN FAJITAS VEGGIE FAJITAS MEXICAN RICE CORN	2 CHICKEN NUGGETS VEGAN NUGGETS FRENCH FRIES GF: GF NUGGETS FRUIT	3 CHICKEN, BACON AND BROCCOLI PASTA BROCCOLI PASTA ROASTED VEGGIES GARLIC BREAD
6 CHICKEN FRIED RICE VEGGIE FRIED RICE LS: VEGGIE EGGROLLS US: VEGGIE SPRING ROLLS ROASTED VEGGIES	7 MAC AND CHEESE US: BUFFALO CHICKEN MAC AND CHEESE VEGETABLES DINNER ROLL	8 LS: BONELESS CHICKEN WINGS US: CHICKEN WINGS POTATO WEDGES CARROTS/CELERY W/ RANCH	9 SACK LUNCHES LS: TURKEY/CHEESE US: HAM OR TURKEY/CHEESE SUNBUTTER/JELLY APPLE CHIPS COOKIES	10 FALL BREAK
13 FALL BREAK	14 FALL BREAK	15 SWEDISH MEATBALLS VEGGIE SWEDISH MEATBALLS W/ EGG NOODLES GREEN BEANS GF/DAIRY FREE: BAKED CHICKEN VEGAN: MEATBALLS W/OUT SAUCE	1 WALKING TACOS CHEESE QUESDILLAS MEXICAN RICE MEXICAN BEANS	1 CHICKEN SHAWARMA PITA WRAP US: GYRO PITA WRAP ROASTED TOFU PITA WRAP FRENCH FRIES US: GARLIC FRIES FRUIT
20 SWEET JERK CHICKEN SWEET JERK TOFU LS: W/ WHITE RICE US: W/ RICE AND PEAS ROASTED VEGGIES	21 BBQ MEATBALLS VEGGIE BBQ MEATBALLS AU GRATIN POTATOES VEGETABLES	22 ROASTED CHICKEN STUFFED PEPPERS LONG GRAIN AND WILD RICE VEGETABLES	23 ORANGE CHICKEN ORANGE TOFU US: GENERAL CHICKEN W/ WHITE RICE ROASTED BRUSSEL SPROUTS	24 SPAGHETTI W/ MEAT SAUCE SPAGHETTI W/ MARINARA CAESAR SALAD GARLIC BREAD
27 INDIAN BUTTER CHICKEN INDIAN BUTTER TOFU W/ WHITE RICE ROASTED GARBANZO BEANS PITA BREAD	28 BAKED POTATO BAR LS: TATOR TOT BAR BEEF CHILI RAOSTED BLACK BEAN AND CORN BLEND CHEESE SAUCE ROASTED BROCCOLI	29 CHICKEN AND WAFFLES VEGAN NUGGETS AND WAFFLES SCRAMBLED EGGS FRUIT	30 GRILLED CHEESE TOMATO SOUP MIXED GREEN SALAD GF: GRILLED CHEESE W/ GF BREAD VEGAN: GRILLED CHEESE W/ VEGAN CHEESE	31 MEATBALL SUB VEGGIE MEATBALL SUBS CHIPS FRUIT