

October Menu

	10/1	10/2	10/3	10/4	10/5	10/6
	Beef BBQ Cheddar Burger With Green Beans and Cauliflower	Hard Boiled Eggs with Baby Carrots and Pita Bread	Taco Plate	Braised Beef with Mashed Yams	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
	banana, sun chips, milk	pear fruit cup, cottage cheese dip	assorted vegetables, orange, cheese stick	assorted vegetables, banana, dinner roll, milk	assorted vegetables, peach fruit cup, yogurt	assorted vegetables, banana, dinner roll, cheese stick, yogurt
10/7	10/8	10/9	10/10	10/11	10/12	10/13
Lemon Basil Chicken Salad with Baby Carrots and Pita Bread	Roasted Teriyaki Chicken Sandwich	Vegetarian Pasta Marinara	Moroccan Chicken with CousCous	Braised Beef Stroganoff with Mashed Yams	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Tofu, Garbanzo Beans and Peanuts
orange, milk	assorted vegetables, spring mix, orange, dinner roll, milk	assorted vegetables, apple, yogurt	assorted vegetables, peach fruit cup, sun chips, yogurt	assorted vegetables, banana, dinner roll, milk	assorted vegetables, pear fruit cup, cheese stick, yogurt	assorted vegetables, banana, milk
10/14	10/15	10/16	10/17	10/18	10/19	10/20
Vegetarian Chili	Greek Chicken Sandwich	Pasta Balsamico	Cheese Ravioli	Chicken Tacos with Brown Rice Pilaf	Chicken Parmesan with Brown Rice Pilaf	Spanish Pork Loin with Farro and Quinoa
assorted vegetables, orange, dinner roll, milk	assorted vegetables, banana, sun chips, milk	assorted vegetables, apple, yogurt	assorted vegetables, spring mix, pear fruit cup, dinner roll, milk	assorted vegetables, orange, yogurt	assorted vegetables, peach fruit cup, yogurt	assorted vegetables, jicama, banana, cheese stick, yogurt
10/21	10/22	10/23	10/24	10/25	10/26	10/27
Honey Ranch Egg Salad Sandwich	Pasta Genovese	Beef Mushroom Swiss Burger	Cheese Tortellini	Steak Tacos with Brown Rice Pilaf	Indian Chicken with Rice	Chicken Margherita with Mashed Potatoes
cauliflower, banana, milk	assorted vegetables, apple, yogurt	assorted vegetables, peach fruit cup, dinner roll, yogurt	assorted vegetables, banana, apple, sun chips, milk	assorted vegetables, orange, cheese stick	assorted vegetables, orange, milk	assorted vegetables, pear fruit cup, dinner roll, milk
10/28	10/29	10/30	10/31			
BBQ Chicken Sandwich	Pasta Balsamico	Lemon Basil Egg Salad Sandwich	Pesto Chicken with Rice Pilaf			
green beans, apple, sun chips, yogurt	assorted vegetables, banana, cheese stick	cauliflower, banana, milk	assorted vegetables, orange, milk			