

October Regular Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10/1	10/2	10/3	10/4	10/5
		BBQ Chicken Sandwich	Hummus with Hard Boiled Eggs and Pita Bread	Vegetarian Egg Frittata with Oven Roasted Potatoes	Black Bean Tempeh Chili with Brown Rice	Vegetarian Chili
		green beans, bbq cabbage slaw with caramelized onions, apple, yogurt	baby carrots, orange, milk	roasted vegetables, peach + pear fruit cup, dinner roll, milk	roasted vegetables, pear fruit cup, milk	mixed vegetables, orange, dinner roll, yogurt
10/6	10/7	10/8	10/9	10/10	10/11	10/12
Cottage Cheese Dip with Hard Boiled Eggs and Pita Bread	Vegetarian Pasta Marinara with White Beans and Chicken Salad	Pesto Cheese Ravioli with White Beans	Balsamic Chicken Sandwich with Bun	BBQ Chicken with Cornbread	Teriyaki Chicken with Sesame Rice	Meatloaf and Mashed Potatoes
baby carrots, banana, apple, milk	vegetable blend, apple, saltine crackers, yogurt	spring mix with zucchini, vegetable blend, orange, dinner roll, milk	vegetable blend, pear fruit cup, yogurt	roasted vegetables, peach + pear fruit cup, dinner roll, yogurt	roasted vegetables, banana, milk	roasted vegetables, banana, dinner roll, milk
10/13	10/14	10/15	10/16	10/17	10/18	10/19
Sesame Chicken Salad with Pita Bread	Beef BBQ Cheddar Burger with Bun	Hummus with Hard Boiled Eggs and Pita Bread	Pasta Genovese with White Beans	Braised Beef with Mashed Yams	Hawaiian Braised Chicken with Coconut Rice	Vegetarian Chili
baby spring mix, orange, milk	green beans, BBQ cabbage slaw with caramelized onions, banana, milk	baby carrots, pear fruit cup, milk	vegetable blend, orange, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, peach + pear fruit cup, milk	mixed vegetables, banana, dinner roll, cheese stick, yogurt
10/20	10/21	10/22	10/23	10/24	10/25	10/26
Honey Mustard Fish with Brown Rice Pilaf	Roasted Teriyaki Chicken Sandwich	Pasta Marinara with White Beans	Tortellini with Marinara and White Beans	Braised Beef Stroganoff with Mashed Potatoes	Greek Chicken with Mushroom and Artichoke Rice	Thai Peanut Noodles with Toasted Tofu
roasted vegetables, orange, cheese stick, yogurt	vegetable blend, orange, milk	vegetable blend, apple, cheese stick	vegetable blend, peach + pear fruit cup, dinner rolls, yogurt	roasted vegetables, banana, dinner roll, milk	roasted vegetables, crunchy chickpeas, pear fruit cup, milk	roasted vegetables, oven-roasted garbanzo beans, banana, yogurt
10/27	10/28	10/29	10/30	10/31		
Lemon Basil Chicken Salad with Pita Bread	Greek Chicken Sandwich	Pasta Balsamico with White Beans	Cheese Ravioli with Marinara and White Beans	Chicken Taco Plate with Basmati Brown Rice Pilaf		
jicama, baby carrots, orange, milk	vegetable blend, orange, milk	vegetable blend, apple, yogurt	vegetable blend, spring mix with zucchini, pear fruit cup, dinner roll, milk	roasted vegetables, pinto beans, banana, corn tortilla shells, yogurt		