



# October 2022 – Lunch & Vegetarian Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Whole wheat ziti with chicken * <b>(V) Lentil penne &amp; tomato sauce w/ soy *#^</b> Grated cheese Tossed salad Fresh fruit	<b>4</b> Chicken chili <b>(V) Veg out chili^</b> Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	<b>5</b> <b>(V) Ravioli w/olive oil, tomato sauce &amp; fresh basil</b> Peas Fresh fruit	<b>6</b> Hamburger slider <b>(V) Black bean burger #^</b> Bean medley *Whole wheat roll Fresh fruit	<b>7</b> BBQ chicken leg <b>(V) Mushroom stroganoff ^</b> California blend vegetables *Whole wheat bread/butter Fresh fruit
<b>10</b> Turkey sloppy joe <b>(V) Vegetarian sloppy joe ^</b> Corn & edamame *Whole wheat roll Fresh fruit	<b>11</b> <b>(V) Whole grain cheese melt *</b> Tomato alphabet soup Fresh fruit	<b>12</b> Shepherd's Pie <b>(V) Chickpea curry with potatoes^</b> Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	<b>13</b> Maryland-style chicken <b>(V) Broccoli &amp; cheddar quinoa w/brown rice *</b> Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	<b>14</b> <b>(V) Whole wheat macaroni &amp; cheese*</b> Mixed vegetables Fresh fruit
<b>17</b> Whole wheat Turk-a-roni* <b>(V) White bean mushroom soup^</b> Grated cheese Southwest salad Fresh fruit	<b>18</b> <b>(V) Whole grain pizza*</b> Garden salad Fresh fruit	<b>19</b> Chicken Patty <b>(V) Veggie nuggets</b> Tuscan bean and garlic soup Whole wheat bread/butter* Fresh fruit	<b>20</b> <b>(V) Spinach manicotti</b> Winter blend vegetables Whole wheat bread/butter* Fresh fruit	<b>21</b> <b>(V) Beans &amp; Brown rice^</b> Tossed salad Tortilla* Fresh fruit
<b>24</b> Chicken Alfredo with tri-color pasta <b>(V) Tri-color pasta alfredo</b> Salad Fresh fruit	<b>25</b> <b>(V) Broccoli Quiche</b> Peas Whole wheat bread/butter* Fresh fruit	<b>26</b> Spaghetti & meat sauce* <b>(V) Spaghetti &amp; tomato sauce w/ soy #^</b> Grated cheese Spinach salad Fresh fruit	<b>27</b> Chicken leg w/ buttermilk gravy <b>(V) Picadillo^</b> Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	<b>28</b> Turkey taco w/whole wheat Tortilla* <b>(V) Beans &amp; brown rice burrito*^</b> Corn Grated cheese Fresh fruit
<b>31</b> Power veggie beef & chicken stew <b>(V) Black bean tortilla soup^</b> Spinach salad Whole wheat bread/butter* Fresh fruit			<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i> <b>This institution is an equal opportunity provider</b>

**(V) Vegetarian meal**

**#Gluten free**

**\*Whole grain**

**^Vegan**