



October 2023 – Lunch & Vegetarian Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole wheat Turk-a-roni* (V) White bean mushroom soup^A Grated cheese Southwest salad Fresh fruit	3 (V) Whole grain pizza* Garden salad Fresh fruit	4 Chicken nuggets (V) Veggie nuggets^A Potato soup Whole wheat bread/butter* Fresh fruit	5 (V) Beans & Brown rice^A Tossed salad Tortilla* Fresh fruit	6 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit
9 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	10 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	11 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^A Grated cheese Spinach salad Fresh fruit	12 Chicken leg w/ buttermilk gravy (V) Picadillo^A Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	13 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito^A Corn Grated cheese Fresh fruit
16 Power veggie beef & chicken stew (V) Black bean tortilla soup^A Spinach salad Whole wheat bread/butter* Fresh fruit	17 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit	18 Dirty brown rice with beef* (V) Dirty brown rice^A Apple coleslaw Fresh fruit	19 Turkey meatloaf (V) French lentils w/ thyme^A Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	20 (V) Lasagna Tossed salad Fresh fruit
23 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^A Grated cheese Tossed salad Fresh fruit	24 Chicken chili (V) Veg out chili^A Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	25 Hamburger slider (V) Black bean burger #^A Bean medley Whole wheat roll* Fresh fruit	26 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	27 BBQ chicken leg (V) Mushroom stroganoff ^A California blend vegetables Whole wheat bread/butter* Fresh fruit
30 Turkey sloppy joe (V) Vegetarian sloppy joe ^A Corn & edamame Whole wheat roll* Fresh fruit	31 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit		Age-appropriate milk must be served with lunch	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. This institution is an equal opportunity provider

(V) Vegetarian meal

***Whole grain**

****Salad/Coleslaw menu items are substituted with steam vegetables for 35 months & younger****

#Gluten free

^Vegan