

OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 - Steak Fajita - Vegetable Fajita - Jasmine Rice - Mexican Black Beans - Flour Tortilla	2 - Tomato Basil Soup - Grilled Cheese - Vegetable Flat Bread Pizza - Roasted Parmesan Potato Wedges - Cajun Green Beans
5 - Chicken Noodle Soup - Beef Chili - Lentil and Vegetable Chili - Brown Rice Quinoa Blen - Broccoli and Cauliflower Mix	6 - Mexican Fiesta Soup - Mojo Pork Shoulder - Seasoned Black Beans - Platanos Maduros Fritos - Steamed White Rice	7 - White Bean and Kale Soup - Chicken Milanese - Cheese Tortellini and Marinara Sauce - Buttered Pasta - Autumn Vegetable Medley	8 - Egg Drop Soup - Teriyaki Salmon - Teriyaki Tofu - Vegetable Fried Rice - Sauteed Bok Choy	9 - Curried Lentil Soup - Chicken Tikka Masala - Sweet Potato and Chana Masala - Basmati Rice - Petit Peas with Carrots
12 School Closed	13 - Tuscan White Bean Soup - Beef Lasagna - Baked Ziti - Autumn Vegetable Medley - Garlic Bread	14 - Chicken Noodle Soup - Baked Salmon - Mojo Portobello - Chimichurri Sauce - Jasmine Rice - Glazed Carrots	15 - Lemon Orzo Chicken Soup - Homemade Chicken Fingers - Lentil Nuggets - Garlic Rosemary Potatoes - Roasted Corn on the Cob	16 - Butternut Squash Soup - Pepperoni Pizza - Cheese Pizza - Sauteed Broccoli
19 - Curried Lentil Soup - Mediterranean Chicken Gyro - Vegetarian Pita Sandwich - Mediterranean Rice Pilaf - Sauteed Green Beans	20 - Corn Chowder - BBQ Brisket - BBQ Cauliflower - Roasted Sweet Potatoes - Honey Roasted Carrots	21 - Chicken and Wild Rice Soup - Jerk Chicken - Jerk Tofu - Brown Rice Pilaf - Roasted Brussels Sprouts	22 - Italian Wedding Soup - Beef Bolognese - Mushroom "Bolognese" - Stewed Eggplant and Tomatoes - Garlic Bread	23 - Chicken Tortilla Soup - Chicken Quesadilla - Black Bean & Sweet Potato Quesadilla - Black Beans - Mexican Fiesta Rice - Steamed Cauliflower
26 - Tomato Basil Soup - Chicken Marsala - Tofu Marsala - Spaghetti - Thyme Honey Roasted Carrots	27 - Cinnamon Oatmeal - Scrambled Eggs - Whole Grain French Toast Sticks - Vegetable Frittata - Pork Bacon - Home Fries	28 - Lentil Soup - Flank Steak with Chimichurri - Roasted Cauliflower Steak with Chimichurri - Garlic and Rosemary Potatoes - Autumn Vegetable Medley	29 - Tofu Miso Soup - Honey Miso Chicken - Honey Miso Tofu - Steamed Edamame - Jasmine Rice	30 - Chicken and Wild Rice Soup - Cheeseburger - Hamburger - Black Bean Burger - Roasted Parmesan Potato Wedges - Roasted Carrots

Gluten Free Options Available
Menu Subject to change