

October

Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Kids choice cereal and organic fruit milk/yogurt	Hashbrowns, cage-free eggs, organic milk and fruit	Wholegrain Waffles, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
7	8	9	10	11
Muffin Monday with organic fruit and milk	Kids choice cereal and organic fruit milk/yogurt	Hashbrowns, cage-free eggs, organic milk and fruit	Pancakes, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
14	15	16	17	18
Muffin Monday with organic fruit and milk	Kids choice cereal and organic fruit milk/yogurt	Hashbrowns, cage-free eggs, organic milk and fruit	French Toast, organic fruit milk/yogurt	Kids choice cereal and organic fruit milk/yogurt
21	22	23	24	25
Muffin Monday with organic fruit and milk	Kids choice cereal and organic fruit milk/yogurt	Hashbrowns, cage-free eggs, organic milk and fruit	Wholegrain Waffles, organic fruit milk/yogurt	<i>*School Closed</i>
28	29	30	31	
Muffin Monday with organic fruit and milk	Kids choice cereal and organic fruit milk/yogurt	Hashbrowns, cage-free eggs, organic milk and fruit	Pancakes, organic fruit milk/yogurt	

October

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Crispy Chicken Tacos (Black Bean)	Roasted Turkey with Rice and Vegetables (Tofu)	Shrimp & Avocado Sushi Rollls (Cucumber & Avocado)	Sunflower Butter & Jelly Sandwiches
7	8	9	10	11
Chicken Noodle Soup (Vegetable Noodle Soup)	Sweet & Sour Chicken over Rice and Vegetables (Tofu)	Ham & Cheddar Sandwiches (Avocado, Tomato, & Cheddar)	Roasted Porkloin with Mashed Potatoes & Vegetables (Tempeh)	Pizza Day
14	15	16	17	18
Egg & Cheese Sandwiches	Japanese Chicken and Vegetable Curry over Rice (Cauliflower)	Tuna Melts (Cheddar & Tomato)	Herb Roasted Chicken, Pita, & Cucumbers (Chic Peas)	Homemade Foccacia, Cold Cuts and Veggie Crudite Plate (Hard Boiled Egg)
21	22	23	24	25
Taco Bowls	Cheese Quesadillas	Turkey & Cheddar Croisant Sandwiches	Teriyaki Chicken over Rice & Vegetables (Tofu)	*School Closed
28	29	30	31	
Red Lentil Dal with Basmati, Peas, & Naan	Grilled Cheese Sandwiches	Chicken Kaarage (Cauliflower)	Pizza Day	

October

Snacks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	(am) Berries (pm) Salami & Raisins	(am) Apples (pm) Chips & Guacamole	(am) Canteloupe (pm) Homemade Granola Bars	Chef's choice
7	8	9	10	11
(am) Apples (pm) Yogurt & Granola	(am) Honeydew (pm) Pumkin Spice Muffins	(am) Pears (pm) Trail Mix	(am) Oranges (pm) Cheese & Cracker Plate	Chef's choice
14	15	16	17	18
(am) Apples (pm) Mango Smoothies	(am) Canteloupe (pm) Salami & Cheese	(am) Oranges (pm) Berries	(am) Watermelon (pm) Trail Mix	Chef's choice
21	22	23	24	25
(am) Apples (pm) Trail Mix	(am) Oranges (pm) Bananas & Nilla Wafers	(am) Berries (pm) Fruit Salad	(am) Pears (pm) Chips & Salsa	<i>*School Closed</i>
28	29	30	31	
(am) Oranges (pm) Cheese & Cracker Plate	(am) Peaches (pm) Honeydew	(am) Berries (pm) Banana Muffins	(am) Apples (pm) Halloween Snack	