

# Lunch Menu (October 2020)



	MON	TUE	WED	THU	FRI
				1	2
ENTRÉE				Spaghetti with Our in House Chicken Sauce and Veggies (WGR)	Marinara Mozzarella Cheese Pizza with Veggies (WGR)
VEGETARIAN				Spaghetti with Veggies and Tofu Sauce	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE				*Zucchini, Tomato, Onion	*Peppers, Onions, Spinach
FRUIT				Mandarins	Fruit Salad Medley
	5	6	7	8	9
ENTRÉE	Cheesy Quesadillas (WGR)	Creamy Broccoli and Bean Soup (WGR)	Chicken Teriyaki with Rice	Zesty Bean Pasta Salad (WGR)	Marinara Mozzarella Cheese Pizza with Veggies (WGR)
VEGETARIAN	Cheesy Quesadillas	Creamy Broccoli and Bean Soup	Tofu Teriyaki with Rice	Bean Pasta Salad	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Corn and Bean Salad	*Broccoli, Pea, Carrot	*Zucchini, Carrots, Onions	*Cucumber, Tomato, Onion	*Peppers, Onions, Spinach
FRUIT	Banana	Orange Slices	Cantaloupe Cubes	Mandarins	Fruit Salad Medley
	12 🍌	13	14	15	16
ENTRÉE	Caprese Sandwich (WGR)	Corn Bisque (WGR)	Yellow Curry Chicken with Rice	Mac N Cheese with Veggies (WGR)	Marinara Mozzarella Cheese Pizza with Veggies (WGR)
VEGETARIAN	Caprese Sandwich	Corn Bisque	Yellow Curry Vegetable with Rice	Mac N Cheese with Veggies	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Tomato, Basil, Parsley	*Carrots, Onion, Corn	Cucumber Salad	*Pea and Carrot	*Peppers, Onions, Spinach
FRUIT	Banana	Orange Slices	Cantaloupe Cubes	Mandarins	Fruit Salad Medley
	19	20	21	22 🍌	23
ENTRÉE	Oven Roasted Chicken & Cheddar Sandwich (WGR)	Loaded Baked Potato & Bean Soup (WGR)	Korean Chicken Bowl with Rice	Peachy Orzo Salad with Cheese (WGR)	Marinara Mozzarella Cheese Pizza with Veggies (WGR)
VEGETARIAN	Vegetable Hummus Sandwich	Baked Potato & Bean Soup	Korean Vegetable Bowl with Rice	Peachy Orzo Salad with Cheese	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Cucumber, Tomato	*Broccoli, Potato, Carrot	*Zucchini, Carrot, Broccoli	*Tomato, Corn, Bell Pepper,	*Peppers, Onions, Spinach
FRUIT	Banana	Orange Slices	Cantaloupe Cubes	Mandarins	Fruit Salad Medley
	26 🍌	27	28	29	30
ENTRÉE	Hawaiian Teriyaki Chicken Wrap (WGR)	Southwestern Tortilla Soup (WGR)	Stir Fry Chicken w/ Veggies	Cheesy Enchilada Casserole (WGR)	Marinara Mozzarella Cheese Pizza with Veggies (WGR)
VEGETARIAN	Hawaiian Teriyaki Tofu Wrap	Southwestern Tortilla Soup	Stir Fry Tofu w/ Veggies	Cheesy Enchilada Casserole	Marinara Mozzarella Cheese Pizza with Veggies
VEGETABLE	*Carrots, Purple Cabbage	*Tomatoes, Corn, Black Beans, Onions	**Peas, Carrots, Broccoli	**Beans, Onion, Diced Tomatoes	*Peppers, Onions, Spinach
FRUIT	Banana	Orange Slices	Cantaloupe Cubes	Mandarins	Fruit Salad Medley

**Pre-School Serving Sizes**  
 Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

**Grade School Serving Sizes**  
 Meat 2.5 oz grains 2-4 oz bread 1 slice vegetables 1/2 cup fruit 1/2 cup

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (\*)

All soups are served with a grain

The main grain component in each meal are "WGR" - Whole Grain Rich