

Lunch Menu (October 2021)



Taste Our Exciting New Items!

	MON	TUE	WED	THU	FRI
					1
ENTRÉE					Chicken Tenders (GF)
VEGETARIAN					Vegan Tender
VEGETABLE					*Coleslaw Salad
FRUIT					Fruit Medley
	4	5	6	7	8
ENTRÉE	Dairy-Free Tomato Chicken Mac & Cheese (GF)	Turkey Orzo Rissoto (GF)	Teriyaki Chicken (GF)	Dairy-Free Creamy Tuscan Chicken Pasta (GF)	Potato Bread Turkey Sausage Sandwich (GF)
VEGETARIAN	Tomato Vegan Mac & Cheese	Veggie Orzo Rissoto	Teriyaki Tofu	Vegan Creamy Tuscan Pasta	Potato Bread Vegan Sandwich
VEGETABLE	*Onion, Tomato, Parsley	*Vegetable Medley	*Vegetable Medley	*Cannellini Beans, Tomato, Spinach, Bell Pepper	*Carrots Apple Raisin Salad
FRUIT	Mandarin	Sliced Apple	Sliced Oranges	Banana	Fruit Medley
	11	12	13	14	15
ENTRÉE	Chicken & Veggie Stew with Bread Roll (GF)	Spaghetti & Chicken Meatballs (GF)	Sweet & Sour Chicken (GF)	Baked Ziti with Marinara Sauce (GF)	Chicken Tenders (GF)
VEGETARIAN	Vegetable Stew with Bread Roll	Spaghetti & Vegan Meatballs	Vegan Sweet & Sour	Vegan Baked Ziti with Marinara Sauce	Vegan Tender
VEGETABLE	*Carrots, Tomato, Onion, Cannellini Beans	*Onion, Tomato, Carrots	*Vegetable Medley	*Tomato, Carrots, Bean Puree	*Coleslaw Salad
FRUIT	Mandarin	Sliced Apple	Sliced Oranges	Banana	Fruit Medley
	18	19	20	21	22
ENTRÉE	Spaghetti Pasta Bolognese (GF)	Chicken Orzo Rissoto (GF)	Dairy-Free Butter Chicken with Rice (GF)	Baked Chicken Pasta (GF)	Potato Bread Turkey Sausage Sandwich (GF)
VEGETARIAN	Vegan Spaghetti with Marinara Sauce	Veggie Orzo Rissoto	Vegetarian Butter Tofu	Baked Vegan Pasta	Potato Bread Vegan Sandwich
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Vegetable Medley	*Vegetable Medley	*Bell Pepper, Carrots, Celery, Tomato, Onion	*Carrots Apple Raisin Salad
FRUIT	Mandarin	Sliced Apple	Sliced Oranges	Banana	Fruit Medley
	25	26	27	28	29
ENTRÉE	Chicken & Veggie Stew with Bread Roll (GF)	Dairy-Free Tomato Turkey Mac & Cheese (GF)	Korean BBQ Chicken (GF)	Turkey Singapore Noodle (GF)	Chicken Tenders (GF)
VEGETARIAN	Vegetable Stew with Bread Roll	Tomato Vegan Mac & Cheese	Vegan Korean BBQ Tofu	Vegan Tofu Singapore Noodle	Vegan Tender
VEGETABLE	*Carrots, Tomato, Onion, Chickpea	*Onion, Tomato, Parsley	*Vegetable Medley	*Vegetable Medley	*Coleslaw Salad
FRUIT	Mandarin	Mandarin	Sliced Oranges	Banana	Fruit 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

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

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