

Lunch Menu (October 2021)

	MON	TUE	WED	THU	FRI
					1
ENTRÉE					Chicken Tenders (WGR)
VEGETARIAN					Vegan Tender
VEGETABLE					*Coleslaw Salad
FRUIT					Fruit Medley
	4	5	6	7	8
ENTRÉE	Creamy Tomato Chicken Mac & Cheese (WGR)^	Turkey Orzo Rissoto (WGR)	Teriyaki Chicken (WGR)	Creamy Tuscan Chicken Pasta (WGR)^	English Muffin Turkey Sausage Sandwich (WGR)
VEGETARIAN	Creamy Tomato Veggie Mac and Cheese	Veggie Orzo Rissoto	Teriyaki Tofu	Creamy Tuscan Pasta	English Muffin Veggie Meat Sub
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 (WGR)	Spaghetti & Chicken Meatballs (WGR)	Sweet & Sour Chicken (WGR)	Baked Ziti with Marinara Sauce (WGR)	Chicken Tenders (WGR)
VEGETARIAN	Vegetable Stew	Spaghetti & Veggie Meatballs	Sweet & Sour Tofu	Baked Ziti with Marinara Sauce	Vegan Tender
VEGETABLE	*Celery, Tomato, Onion	*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 Bolognese (WGR)	Chicken Orzo Rissoto (WGR)	Butter Chicken with Rice (WGR)	Baked Chicken Parmesan (WGR)^	English Muffin Turkey Sausage Sandwich (WGR)
VEGETARIAN	Spaghetti with Marinara Sauce	Veggie Orzo Rissoto	Vegetarian Butter Tofu	Baked Veggie Parmesan	English Muffin Veggie Meat Sub
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Vegetable Medley	*Vegetable Medley	*Bell Pepper, 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 (WGR)	Creamy Tomato Turkey Mac & Cheese (WGR)^	Korean BBQ Chicken (WGR)	Turkey Singapore Noodle (WGR)	Chicken Tenders (WGR)
VEGETARIAN	Vegetable Stew	Creamy Tomato Veggie Mac and Cheese	Korean BBQ Tofu	Tofu Singapore Noodle	Vegan Tender
VEGETABLE	*Celery, Tomato, Onion	*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