

October Lunch Menu

A Serving of Fresh Fruit included with Every Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <ul style="list-style-type: none"> Chipotle Chicken Burrito Bowl Vegan Chipotle Black Bean Burrito Bowl 	2 <ul style="list-style-type: none"> Orange Chicken & Veggies with Rice Orange Tofu & Veggies with Rice 	3 <ul style="list-style-type: none"> Chicken Cacciatore with Vegetables & Bread Roll Vegan Vegetable Cacciatore with Bread Roll 	4 <ul style="list-style-type: none"> Nachos with Black Beans GF Vegan Nachos with Black Beans
7 <ul style="list-style-type: none"> Pasta Marinara with Turkey Meatballs Pasta Marinara with Veggie Meatballs 	8 <ul style="list-style-type: none"> Veggie Fajitas with Flour Tortilla GF Vegan Fajitas with Corn Tortilla 	9 <ul style="list-style-type: none"> Kung Pao Chicken with Mini Steam Buns (2) Kung Pao Veggies & Tofu with Rice 	10 <ul style="list-style-type: none"> BBQ Chicken & Cheesy Potatoes BBQ Veggies & Cheesy Potatoes 	11 <ul style="list-style-type: none"> Chicken Tenders with Potatoes Vegan Nuggets with Potatoes
14 <ul style="list-style-type: none"> Tomato Soup & Grilled Cheese Sandwich DF/GF Tomato Soup & Grilled Cheese Sandwich 	15 <ul style="list-style-type: none"> Chicken & Veggie Paella GF Vegan Mixed Veggie Paella 	16 <ul style="list-style-type: none"> Chicken and Veggie Yakisoba Noodles Tofu and Veggie Yakisoba Noodles 	17 <ul style="list-style-type: none"> Turkey Tater Tot Casserole Tater Tot Casserole 	18 <ul style="list-style-type: none"> Cheese Pizza GF Vegan Cheese Pizza
21 <ul style="list-style-type: none"> Chicken Alfredo Pasta with Veggies Vegetarian Alfredo Pasta 	22 <ul style="list-style-type: none"> Mixed Bean Tex-Mex Casserole GF Vegan Mixed Bean Chili Tex-Mex Casserole 	23 <ul style="list-style-type: none"> Teriyaki Chicken w/Rice and Broccoli Teriyaki Tofu 	24 <ul style="list-style-type: none"> Biscuits and Turkey Sausage Gravy GF Biscuits and Vegetarian Gravy 	25 <ul style="list-style-type: none"> Turkey Hot Dog with Turkey & Bean Chili Veggie Hot Dog with Bean Chili
28 <ul style="list-style-type: none"> Turkey and Veggie Pot Pie Veggie and Chickpea Pot Pie 	29 <ul style="list-style-type: none"> Cheese Quesadillas Cheese Quesadillas 	30 <ul style="list-style-type: none"> Chicken and Veggie Fried Rice GF Tofu and Veggie Fried Rice 	31 <ul style="list-style-type: none"> Chicken Caprese Salad with Quinoa GF Vegetarian Mozzarella Caprese Salad with Quinoa 	

*Vegetarian/Vegan Alternative

**Mon – Mandarin, Tue – Banana, Wed – Sliced Apple, Thurs – Orange Wedges, Friday – Pear or Melon