

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Egg Drop Soup Teriyaki Chicken Sweet Chili Tofu Broccoli Lo Mein	2 Tomato Basil Soup Beef Hot Dogs Oven Baked French Fries Sauerkraut
5 Chicken Noodle Soup Pasta Day Marinara Sauce Beef Sauce Parmesan Cream Steamed Broccoli	6 Tortilla Veg Soup Turkey Taco Tempeh Black Beans Mexican Rice	7 White Bean & Kale Soup Ground Beef Sloppy Joe Lentil Chili Roasted Potatoes Autumn Roasted Vegetable	8 Cauliflower Soup Mojo Chicken Mojo Pork Portobello Mojo Sweet Plantains Brussels Sprouts White Rice	9 Lentil Curried Soup Pepperoni Pizza Cheese Pizza Spinach Ricotta Pizza Sautéed Spinach
12 School Closed	13 Split Pea Soup Pasta Day Parmesan Sauce Pomodoro Sauce Glazed Carrots	14 Black Bean Chili Soup BBQ Beef Brisket Vegetable Fajita Roasted Potatoes Vegetable Medley	15 Lentil Soup Chicken Tikka Masala Curry Indian Potatoes Green Beans Naan Bread Basmati Rice	16 Minestrone Soup Baked Potato Bacon Broccoli Cheese Sauce Sour Cream
19 Pasta Day Beef Bolognese Mushroom Bolognese Garlic Bread Cream Parmesan Sauce Lemon Broccolini	20 Corn Chowder BBQ Flank Steak Cauliflower Steak Cornbread Mashed Potato Sautéed Zucchini & Squash	21 Potato & Leek Soup Jerk Chicken Jerk Tofu Brussels Sprouts Cabbage Rice with Peas	22 Italian Wedding Soup French Toast Sticks Vegetable Frittata Home Fries Chicken Sausage Scramble Tofu	23 Kale & Chickpea Soup Chicken Quesadilla Black Bean and Sweet Potato Quesadilla Mexican Corn Fiesta Rice
26 Chicken Fajita Vegetable Fajita Black Beans White Rice	27 Kale & White Bean Soup Pasta Day Marinara Sauce Cheese Tortellini Focaccia Bread Sautéed Spinach	28 Cream of Broccoli Beef Hamburger Black Bean Burger Green Beans Potato Wedges	29 Hot and Sour Soup Honey Miso Chicken Honey Miso Tofu Edamame White Rice	30 Tomato Basil Soup Grilled Cheese Sandwich Vegetable Panini Roasted Carrots