

October



Get your healthy fats by eating whole plant-based foods like nuts, seeds and avocados.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 2 | 3 Sausage Pizza Cheese Pizza <i>Baked fresh in all of our schools.</i> | 4 Hamburger/ Cheeseburger Veggie Cheeseburger Roasted Potatoes | 5 Chicken Fajita Cheese Quesadilla Brown Rice | 6 Garlic Chicken Pasta Cheesy Garlic Pasta Vegetable du Jour | 7 Hot Turkey, Mashed Potatoes and Gravy with Biscuit Vegetarian Chili with Biscuit | 1 8 |
| 9 | 10 Sausage Pizza Cheese Pizza <i>Baked fresh in all of our schools.</i> | 11 Chicken Burrito Bean and Cheese Burrito Brown Rice | 12 Cheesy Baked Penne Marinara | 13 Chicken Teriyaki Stirfry with Rice Tofu Teriyaki Stirfry with Rice | 14 PROFESSIONAL DEVELOPMENT DAY - No School | 15 |
| 16 | 17 Sausage Pizza Cheese Pizza <i>Baked fresh in all of our schools.</i> | 18 Hot Dog/Chili Dog Fireside Cheesy Broccoli Stuffed Potato with Roll Roasted Sweet Potatoes | 19 Crispy Chicken Taco Crispy Bean and Cheese Taco Refried Beans | 20 Cheesy Chicken Grinder Pasta Marinara | 21 Mac and Cheese Vegetable du Jour | 22 |
| 23 | 24 Cheese Pizza <i>Baked fresh in all of our schools.</i> NATIONAL FOOD DAY Meatless Monday | 25 Beef Nachos Bean and Cheese Nachos Refried Beans | 26 Pasta with Meat Sauce Pasta Marinara | 27 Teriyaki Glazed Chicken or Tofu with Rice Toasted Cheese Sandwich Vegetable du Jour | 28 Garlic Chicken Pasta Cheesy Garlic Pasta | 29 |
| 30 | 31 Sausage Pizza Cheese Pizza <i>Baked fresh in all of our schools.</i> | | | | | |

Unlimited salad bar, skim milk, organic 1% milk and fresh fruit offered daily.

Menu subject to change