

# October 2018

Mon	Tue	Wed	Thu	Fri
<p><b>1</b> Kale and White Bean</p> <p>Mac and Cheese with Tomatoes Roasted Broccoli and Peppers</p> <p>Brownies</p>	<p><b>2</b> Hot and Sour Shrimp</p> <p>Chicken Thai Basil with Spicy Eggplant</p> <p>Fruit</p>	<p><b>3</b> Yellow Split Pea</p> <p>Roasted Salmon Sweet Potatoes Roasted Corn</p> <p>Cake</p>	<p><b>4</b> Chicken Noodle</p> <p>BBQ Pork Sandwich Apple Slaw Tots</p> <p>Cookies</p>	<p><b>5</b> Miso Soup</p> <p>Chicken Teriyaki Brown Rice Steamed Edamame</p> <p>Magic Bar</p>
<p><b>8</b> Southwest Vegetable</p> <p>Lentil, Barley, Bean Burger Roasted Acorn Squash</p> <p>Fruit</p>	<p><b>9</b> Turkey and Rice</p> <p>French Dip Steamed Potatoes Roasted Mix Vegetables</p> <p>Mississippi Mud Bar</p>	<p><b>10</b> Broccoli Cheddar</p> <p>Herb Pork Loin Red Quinoa Pilaf Steamed Green Beans</p> <p>Cookies</p>	<p><b>11</b> Potato Leek</p> <p>Parmesan Lemon Sole Roasted Sweet Potatoes</p> <p>Berry Crisp</p>	<p><b>12</b></p> <p>School Closed Professional Development Day</p>
<p><b>15</b> Vegetable Tortilla</p> <p>Cheese and Black Bean Enchilada</p> <p>Churros</p>	<p><b>16</b> Chicken Gumbo</p> <p>Spicy Jambalaya With Chicken and Sausage Cornbread</p> <p>Cake</p>	<p><b>17</b> Beef Barley</p> <p>Italian Grinders Caesar Salad</p> <p>N.Y. Cheesecake</p>	<p><b>18</b> Spinach and Lentil</p> <p>Chicken Biryani Roasted Squash</p> <p>Jell-O</p>	<p><b>19</b> Cream of Asparagus</p> <p>Assorted Pizzas</p> <p>Brownies</p>
<p><b>22</b> Curried Sweet Potato</p> <p>Tortellini with Marinara Mixed Roasted Vegetables</p> <p>Fruit</p>	<p><b>23</b> Black Bean Chorizo</p> <p>Flora's Chicken Tinga</p> <p>Tres Leche Cake</p>	<p><b>24</b> Borscht</p> <p>Cheeseburger Sliders Tater Tots Roasted Carrots</p> <p>Cookies</p>	<p><b>25</b> Chicken Basil</p> <p>Blackened Tilapia Chili Lime Butter Black Eyed Pea Salad</p> <p>Blueberry Crumble</p>	<p><b>26</b> Mulligatawny</p> <p>Chicken Vindaloo Cardamom Basmati Rice</p> <p>Mango Lassi</p>
<p><b>29</b> Tomato Basil</p> <p>Roasted Vegetables Israeli Couscous</p> <p>Toll House Cookie Bar</p>	<p><b>30</b> Beef Noodle</p> <p>Butter Chicken Steamed Rice Roasted Cauliflower</p> <p>Fruit</p>	<p><b>31</b></p> <p>Pumpkin Chili Bar Corn Bread</p> <p>Cinnamon Rolls</p>		