

October 2021

EVERY DAY OPTIONS

Sandwich Bag Lunch

In Lieu Of Hot Entrée:

Choose a Sandwich:

Turkey & Cheddar Wrap

Ham & Provolone

Sunflower Butter & Jelly or Honey (V)

Egg Salad

Comes With:

Bag Chips & Whole Fruit

Bagel & Cream Cheese Boat

Comes With:

Apple Sauce & Grapes

Salad Bag Lunch

In Lieu Of Hot Entrée:

Fresh Salads Made Daily:

Chicken Caesar

Caesar (V)

Cobb Salad With Chicken

Garden Salad (V)

Garden Salad With Chicken

Comes With:

Bag Chips

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pancakes Omaha Sausage Vegan Sausage Home Fries MWG Lemon Cookies
4 Beef Lasagna Vegetable Lasagna ** Broccoli MWG Bread Stick	5 Honey Rosemary Chicken Breast MWG Cauliflower Steak ** MWG Herbed Couscous Brussel Sprouts MWG	6 Pulled BBQ Pork MWG BBQ Tofu** MWG Succotash MWG Baked Beans MWG	7 Chicken Tortilla Pie MWG Veggie Tortilla Pie ** MWG White Rice MWG	8 No Lunch Service
11 Fall Break	12 Beef Stroganoff Mushroom Ragu ** Egg Noodles Green Beans MWG	13 Rosemary Pork Loin MWG Cauliflower Steak ** MWG Roasted Red Potatoes MWG Sweet Corn MWG	14 Beef & Broccoli Stir Fry Vegetable Stir Fry ** Fried Rice Egg Rolls	15 Chicken Nuggets Veggie Nuggets ** Macaroni & Cheese Peas & Carrots MWG Assorted Pudding MWG
18 Roasted Turkey Breast MWG Herbed Tofu Steak ** MWG Mashed Potatoes MWG Roasted Vegetable Medley MWG	19 Grilled Chicken with Penne & Marinara Penne with Marinara** Sicilian Vegetables MWG French Roll	20 Chuck Wagon Beef MWG Cauliflower Steak**MWG Baked Beans MWG Roasted Carrots MWG	21 Turkey Chili MWG Veggie Chili **MWG White Rice MWG Roasted Broccoli MWG	22 Beef Burger Veggie Burger ** Potato Chips MWG Green Beans MWG Chocolate Chip Cookies
25 Spaghetti & Turkey Meatballs Spaghetti & Veggie Meatballs ** Sicilian Vegetables MWG	26 Chicken Parmesan Eggplant Parmesan ** Marinara Sauce Roasted Broccoli MWG Breadstick	27 Salisbury Steak Black Bean Steak** Mashed Potatoes MWG Green Beans MWG	28 Chicken Scaloppini Tofu Scaloppini** Penne & Marinara Peas & Carrots MWG	29 Beef Hot Dog Veggie Dog** Baked Beans MWG Potato Salad MWG Halloween Sugar Cookies

Vegetarian **Vegetarian Entrée Option

MWG - Made Without