

# October 2021

Mon	Tue	Wed	Thu	Fri
				<p>1 Tomato Mushroom</p> <p>Turkey Carbonara Pasta Garlic Bread</p> <p>Chocolate Mocha Cake</p>
<p>4 Kale and White Bean</p> <p>Mac and Cheese with Tomatoes Green Beans</p> <p>Baked Rice Pudding</p>	<p>5 Turkey and Rice</p> <p>French Dip Steamed Potatoes Roasted Mix Vegetables</p> <p>Chewy Coconut Bars</p>	<p>6 Tortilla Soup</p> <p>Fish Tacos Cilantro Rice Refried Black Beans</p> <p>Monkey Bread</p>	<p>7 Potato Leek</p> <p>Herb Chicken with Roasted Sweet Potatoes</p> <p>Rice Krispy Treats</p>	<p>8</p> <p>School Closed Professional Development Day</p>
<p>11 Vegetable Tortilla</p> <p>Cheese and Black Bean Enchilada</p> <p>Strawberry Poke Cake</p>	<p>12 Beef Barley</p> <p>Italian Grinders Caesar Salad</p> <p>Apple Sauce Bars</p>	<p>13 Chicken Gumbo</p> <p>Spicy Jambalaya With Chicken and Sausage Cornbread</p> <p>Chocolate Cream Tart</p>	<p>14 Spinach and Lentil</p> <p>Chicken Biryani Roasted Squash</p> <p>Mango Lassi</p>	<p>15 Kimchi Jjgae</p> <p>Beef Bulgogi Bowl</p> <p>Bundt Cake</p>
<p>18 Curried Sweet Potato</p> <p>Tortellini with Marinara Mixed Roasted Vegetables</p> <p>Tollhouse Cookie Bars</p>	<p>19 Black Bean Chorizo</p> <p>Flora's Chicken Tinga</p> <p>"Mounds" Cake</p>	<p>20 Borscht</p> <p>Cheeseburgers Tater Tots Roasted Carrots</p> <p>Oatmeal Jam Bars</p>	<p>21 Chicken Basil</p> <p>Blackened Tilapia Chili Lime Butter Black Eyed Pea Salad</p> <p>Lemon Cheesecake</p>	<p>22 Mulligatawny</p> <p>Chicken Vindaloo Cardamom Basmati Rice</p> <p>Chocolate Zucchini Cake</p>
<p>25 Tomato Basil</p> <p>Roasted Vegetables Israeli Couscous</p> <p>Ambrosia</p>	<p>26 Beef Noodle</p> <p>Chicken Pad Thai</p> <p>Pumpkin Bars</p>	<p>27 Cream of Mushroom</p> <p>Herb Pork Loin Red Quinoa Pilaf Steamed Green Beans</p> <p>Banana Chocolate Chip Cake</p>	<p>28</p> <p>Pumpkin Chili Corn Bread</p> <p>Fruit Cobbler</p>	<p>29 Red Lentil Soup</p> <p>Doro Wat (Ethiopian Spiced Chicken) with Injera</p> <p>Oreo Krispies</p>

# October 2021 Gluten Free

Mon	Tue	Wed	Thu	Fri
				1  <b>Turkey Carbonara Gluten Free Pasta</b>
4  <b>Vegan and Gluten Free Mac and Cheese with Tomatoes Green Beans</b>	5  <b>French Dip Steamed Potatoes Roasted Mix Vegetables</b>	6  <b>Fish Tacos Cilantro Rice Refried Black Beans</b>	7  <b>Herb Chicken with Roasted Sweet Potatoes</b>	8  <b>School Closed Professional Development Day</b>
11  <b>Cheese and Black Bean Enchilada</b>	12  <b>Caesar Salad With Chicken</b>	13  <b>Spicy Jambalaya With Chicken and Sausage</b>	14  <b>Chicken Biryani Roasted Squash</b>	15  <b>Beef Bulgogi Bowl</b>
18  <b>Gluten Free Pasta with Marinara Mixed Roasted Vegetables</b>	19  <b>Flora's Chicken Tinga</b>	20  <b>Cheeseburgers With Gluten Free Bun Tater Tots Roasted Carrots</b>	21  <b>Blackened Tilapia Chili Lime Butter Black Eyed Pea Salad</b>	22  <b>Chicken Vindaloo Cardamom Basmati Rice</b>
25  <b>Persian Roasted Vegetables With Brown Rice</b>	26  <b>Chicken Pad Thai</b>	27  <b>Herb Pork Loin Red Quinoa Pilaf Steamed Green Beans</b>	28  <b>Pumpkin Chili</b>	29  <b>Doro Wat (Ethiopian Spiced Chicken)</b>

# October 2021 Vegan

Mon	Tue	Wed	Thu	Fri
				1 <b>Vegan Primavera Pasta</b>
4 <b>Vegan and Gluten Free Mac and Cheese with Tomatoes Green Beans</b>	5 <b>Roasted Vegetable Wrap Steamed Potatoes</b>	6 <b>Jackfruit Tacos Cilantro Rice Refried Black Beans</b>	7 <b>Stuffed Peppers with Roasted Sweet Potatoes</b>	8 <b>School Closed Professional Development Day</b>
11 <b>Vegan Cheese and Black Bean Enchilada</b>	12 <b>Winter Greens Salad with Beets and Fennel</b>	13 <b>Spicy Jambalaya With Roasted Vegetables</b>	14 <b>Vegetable with Tempeh Biryani Roasted Squash</b>	15 <b>Kimchi Vegetable Bowl</b>
18 <b>Gluten Free Pasta with Marinara Mixed Roasted Vegetables</b>	19 <b>Rice and Bean Bowl Steamed Vegetables</b>	20 <b>Vegan Burgers With Gluten Free Bun Tater Tots Roasted Carrots</b>	21 <b>Seared Tofu Black Eyed Pea Salad</b>	22 <b>Sweet Potato and Cauliflower Vindaloo Cardamom Basmati Rice</b>
25 <b>Persian Roasted Vegetables With Brown Rice</b>	26 <b>Pad Thai With Tofu</b>	27 <b>Spicy Green Beans over Quinoa Pilaf</b>	28 <b>Pumpkin Vegan Chili</b>	29 <b>Keralan Cauliflower Curry over Brown Rice</b>