



FALL HOT LUNCH

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, October 3 WG Rotini Pasta w/ Creamy Garlic Sauce & Mozzarella Green Beans Baby Carrots Orange Slices	Tuesday, October 4 Black Bean Burrito Bowl w/ Shredded Cheddar Cheese Brown Rice Corn Salad Salsa Melon	Wednesday, October 5 Beef Burger Veggie Burger WG Hamburger Bun Sweet Potato Fries Pickle Chips Pear Slices	Thursday, October 6 Chicken Pozole Vegetarian Pozole WG Tortilla Chips Green Cabbage Three Bean Salad Apple Slices	Friday, October 7 Asian BBQ Drumstick Asian BBQ Tofu Brown Rice Broccoli Cucumber Slices Melon
Monday, October 10 Buffalo Chicken Buffalo Tofu WG Hamburger Bun Green Beans Roasted Chickpeas Apple Slices	Tuesday, October 11 WG Rotini Pasta w/ Tomato Cream Sauce & Mozzarella Baby Carrots Applesauce	Wednesday, October 12 Chicken Thigh "Not So" Fried Rice Tofu "Not So" Fried Rice Broccoli Edamame Melon	Thursday, October 13 WG Cheddar Cheese Quesadilla WG Tortilla Chips Cucumber Slices Salsa Orange Slices	Friday, October 14 Three Bean Chili w/ Shredded Cheese Corn Bread Potato Fries Spicy Slaw Pear Slices
Monday, October 17 WG Chicken Nuggets Veggie Nuggets WG Bread Sweet Corn Three Bean Salad Applesauce	Tuesday, October 18 Mojo Chicken Mojo Tofu Brown Rice Baby Carrots Peas Pear Slices	Wednesday, October 19 WG Creamy Mac & Cheese Cauliflower Collard Greens Fruit Salad CHP	Thursday, October 20 WG Pizza Bread Roasted Zucchini String Cheese Lemony Chickpea Salad Melon	Friday, October 21 WG Grilled Cheese Cucumber Slices Cherry Tomatoes Apple Slices
Monday, October 24 WG Penne w/ Marinara Sauce & Mozzarella Cheese WG Bread Green Peas Apple Slices	Tuesday, October 25 Roasted Turkey w/ Gravy Veggie Nuggets Cornbread Roasted Potatoes Three Bean Salad Pear Slices	Wednesday, October 26 Cajun Beans & Rice WG Bread Broccoli Cauliflower Fruit Salad CHP	Thursday, October 27 Adobo Chicken Adobo Tofu Brown Rice Roasted Zucchini Sweet Corn Orange Slices	Friday, October 28 WG YA Cheese Quesadilla WG Tortilla Chips Baby Carrots Black Beans Fruit Salad CH

WG = Whole Grain
 CHP = Cantaloupe, Honeydew, Pineapple
 YA = Yellow American

*We are an equal opportunity employer.
 **Two types of milk are offered with each meal.