

October 2022

| Mon | Tue | Wed | Thu | Fri |
|---|---|--|--|--|
| <p>3 Coconut Carrot Ginger</p> <p>Thai Basil Curry Tofu and Vegetable Brown Rice</p> <p>Butter Scotch Bars</p> | <p>4 Chicken Noodle</p> <p>Beef Gyro Greek Salad Tzatziki Sauce</p> <p>Pineapple Cheesecake</p> | <p>5 Tomato Basil</p> <p>Chicken Tiki Steamed Rice Roasted Cauliflower</p> <p>Key Lime Pie</p> | <p>6 Beef Barley</p> <p>Cheeseburgers Tater Tots Roasted Carrots</p> <p>Berry Crumb Cake</p> | <p>7 She Crab Soup</p> <p>Blackened Tilapia Chili Lime Butter Baked Beans Tropical Salsa S'mores Bar</p> |
| <p>10 S.W. Sweet Potato</p> <p>Three Sister's Bowl Roasted Squash, White Beans and Hominy over Wild Rice Choc. Strawberry Bar</p> | <p>11 Split Pea and Ham</p> <p>Pasta Bolognese Garlic Bread Roasted Broccoli</p> <p>Lemon Sheet Cake</p> | <p>12 Broccoli Cheddar</p> <p>Roasted Salmon Caesar Salad With Dinner Roll</p> <p>Snickerdoodle Cobbler</p> | <p>13 Potato Leek</p> <p>French Dip Steamed Potatoes Roasted Mix Vegetables Bday Cupcakes</p> | <p>14</p> <p>School Closed Professional Development Day</p> |
| <p>17 Kale and White Bean</p> <p>Chipotle Mac and Cheese Green Beans</p> <p>Rice Krispy Treats</p> | <p>18 Beef Noodle</p> <p>Herb Pork Loin Roast Potato Medley Steamed Green Beans German Choc. Cake</p> | <p>19 Chicken Gumbo</p> <p>Spicy Jambalaya With Chicken and Sausage Cornbread Baklava without nuts</p> | <p>20 Spinach and Lentil</p> <p>Turkey "Rachel's" Potato Salad and Roasted Vegetables</p> <p>Apple Crisp Bar</p> | <p>21 Cream of Asparagus</p> <p>Assorted Flatbread Pizza Caesar Salad Butterscotch Bar</p> |
| <p>24 Vegetable Tortilla</p> <p>Cheese and Black Bean Quesadilla Beans and Rice</p> <p>Pumpkin Bars</p> | <p>25 Chicken Basil</p> <p>BBQ Chicken Ancho Dusted Corn Apple Slaw</p> <p>Lemon Bar</p> | <p>26 Cream of Mushroom</p> <p>Midnight Cuban Pork Sandwich Chips and Fruit</p> <p>Apple Brown Betty</p> | <p>27 Kimchi-Jjigae</p> <p>Bibimbap Korean Rice Bowls</p> <p>Oreo Cheesecake</p> | <p>28</p> <p>Pumpkin Chili Bar Corn Bread</p> <p>Ghost Cupcakes !!Boo!!</p> |
| <p>31</p> <p>Faculty Work Day</p> <p>No Classes</p> | | | | |

October 2022 Vegan

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|--|---|
| 3 Thai Basil Curry Tofu and Vegetable Brown Rice | 4 Falafels Greek Salad Hummus | 5 Butternut Squash Tiki Steamed Rice Roasted Cauliflower | 6 Impossible Burgers Tater Tots Roasted Carrots | 7 Blackened Tempeh Chili Lime Butter Baked Beans Tropical Salsa |
| 10 Three Sister's Bowl Roasted Squash, White Beans and Hominy over Wild Rice | 11 Pasta Pomodoro Garlic Bread Roasted Broccoli | 12 Black Bean and Corn Southwest Salad With Dinner Roll | 13 Field Roast Dip Steamed Potatoes Roasted Mix Vegetables | 14 School Closed Professional Development Day |
| 17 Chipotle Vegan Mac and Cheese Green Beans | 18 Roasted Chickpeas Potato Medley Steamed Green Beans | 19 Spicy Jambalaya With Winter Squash and Kale | 20 Roasted Vegetable "Rueben" Vegan Potato Salad Broccoli | 21 Vegan Flatbread Pizza Garden Salad |
| 24 Vegan Cheese and Black Bean Quesadilla Beans and Rice | 25 BBQ JackFruit Ancho Dusted Corn Apple Slaw | 26 Midnight Field Roast Sandwich Chips and Fruit | 27 Tofu Bibimbap Korean Rice Bowls | 28 Pumpkin Vegan Chili Bar |
| 31 Faculty Work Day No Classes | | | | |

October 2022 Gluten Free

| Mon | Tue | Wed | Thu | Fri |
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| 3 Thai Basil Curry Tofu and Vegetable Brown Rice | 4 Gryo Meat Greek Salad Tzatziki Sauce | 5 Chicken Tiki Steamed Rice Roasted Cauliflower | 6 Cheeseburgers Tater Tots Roasted Carrots | 7 Blackened Tilapia Chili Lime Butter Baked Beans Tropical Salsa |
| 10 Three Sister's Bowl Roasted Squash, White Beans and Hominy over Wild Rice | 11 G.F Pasta Bolognese Garlic Bread Roasted Broccoli | 12 Roasted Salmon Caesar Salad | 13 French Dip Steamed Potatoes Roasted Mix Vegetables | 14 School Closed Professional Development Day |
| 17 Chipotle G.F. Mac and Cheese Green Beans | 18 Herb Pork Loin Roast Potato Medley Steamed Green Beans | 19 Spicy Jambalaya With Chicken and Sausage | 20 Turkey "Rachel's" Potato Salad and Roasted Vegetables | 21 Gluten Free Flatbread Pizza Caesar Salad |
| 24 Cheese and Black Bean Quesadilla Beans and Rice | 25 BBQ Chicken Ancho Dusted Corn Apple Slaw | 26 Midnight Cuban Pork Sandwich Chips and Fruit | 27 Bibimbap Korean Rice Bowls | 28 Pumpkin Chili Bar |
| 31 Faculty Work Day No Classes | | | | |