

Faculty Lunch Menu October 2024

Meal Price:

Adult Lunch Meal:

\$5.03+tax

10/1
School Closed

1
Eggplant Parm
Or
Stuffed Shells
Sauteed Green Beans
Glazed Carrots
Soup: Split Pea

2
Roasted Pork
Or
Veg Mac & Cheese
Roasted Potato
Sauteed Spinach
Soup: Lentil

3
School Closed

4
School Closed

7
Chicken Cordon Bleu
Or
Veg wrap
Brown Rice
Grilled Zucchini
Soup: Turkey Rice

8
Rice Bowl
Chicken, Beef or Tofu
Pepper, Onions, Carrots,
Mushrooms and Salsa
Black Beans
Soup: Tortilla

9
Jerk Chicken
Or
Rasta Pasta
Broccoli
Plantains
Soup: Veg. Barley

10
Grilled Cuban
Or
Veg Bean Burrito
Yellow Rice
Mixed Vegetable
Soup: Chicken Noodle

11
Crab Cake
Or
Tortellini Alfredo
Yellow Squash
Roasted Potato
Soup: Corn Chowder

14
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15
Chicken Francaise
Or
Pasta with Marinara
Grilled Zucchini
Rice Pilaf
Soup: Tomato Rice

16
Chicken Fajita
Or
Vegetable Enchilada
Fiesta Rice
Corn
Black Beans
Soup: Lentil with Spinach

17
Turkey Meatloaf
Mashed Potato
Mixed Vegetable
Green Beans
Soup: Chicken Noodle

18
Potato Bar
Chili, Chicken, Bacon,
Cheese, Broccoli
Mushrooms Pepper &
Onions
Soup: Crab Bisque

21
Gyro
Chicken or Lamb
Tzatziki Sauce
Greek Salad
Spinach
Soup: Split Pea

22
Cheese Ravioli
Or
Chicken Osso Buco
Green Beans
Sauteed Cauliflower
Soup: Minestrone

23
Sausage & Peppers
Rice or Pasta
Butternut Squash
Sauteed Broccoli
Soup: Cream of Broccoli

24
Stuffed Peppers
Or
Pulled Pork
Home Fried Potato
Glazed Carrots
Soup: Chicken Noodle

25
Chocolate Chip Waffles
Or
Sausage Egg & Cheese
Waffle Fries
Strawberry Compote
Soup: Corn Chowder

28
Cheesesteak
Beef Or Chicken
Pepper & Onions
Cheese
Roasted Potato
Soup: Vegetable

29
Baked Ziti
Meat or
Marinara Sauce
Green Beans
Mushrooms
Soup: Barley

30
General Tso's Chicken
Brown Rice
Broccoli
Carrots
Soup: Cream of Broccoli

31
Mac & Cheese
Bacon or 3-Cheese
Cherry Tomato
Mixed Veg.
Soup: Chicken Noodle

31
School Closed

