


October Lunches (All breakfast will be: muffins, cereal or yogurt, fruit, milk) **Please Note: Meals subject to change!**

9/30 vegan rice and beans or sloppy joe	10/1 chicken corn dog or bagel kit	10/2 chicken with rice or cheesy bean dip with chips	10/3 vegan pinto beans and chips or teriyaki chicken	10/4 pepperoni pizza or bagel kit
10/7 cheeseburger or vegan 3 bean chili	10/8 spaghetti with meat sauce or bagel kit	10/9 cheese quesadilla or chicken bbq sandwich	10/10 chicken nuggets or bean and cheese burrito	10/11  cheese pizza or farmers market salad
10/14 pasta with olive oil and parmesan or sunbutter and jam sandwich	10/15 chicken corn dog or vegan spanish rice	10/16 pasta with marinara and mozzarella	10/17 mac and cheese or chicken <u>kapama</u>	10/18 cheese pizza or bbq chicken wrap
10/21 cheeseburger or bagel kit	10/22 beef hot dog or sunbutter and jam sandwich	10/23 chicken parmesan sandwich or chicken bacon salad	10/24 chicken nuggets or vegan spanish rice	10/25 pepperoni pizza or vegan 3 bean chili
10/28 hamburger or vegan fried rice	10/29 chicken corn dog or vegan fried rice	10/30 mac and cheese or teriyaki chicken with veggies	10/31 breaded chicken sandwich or cheesy bean dip with chips	