

October Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*Contains Egg			1 Fish Tacos/Tofu, Flour Tortilla, Corn Salad, Shredded Lettuce, Orange, Milk Condiments: *Ranch , Ketchup, BBQ Sauce	2 Beef Hot Dog/Veggie Nuggets, Kernal Corn, Apple, Milk Condiments: *Ranch , Ketchup, BBQ Sauce
5 Pasta Alfredo, Green Beans, Strawberries, Milk	6 Salami/Cheese Sandwich, Vegetable Soup, Grapes, Milk Condiments: *Ranch	7 Steamed White Rice, Orange Chicken/Tofu, Broccoli, Cantaloupe, Milk	8 Baby Potatoes, Beef Meatballs/Veggie Nuggets, Mixed Vegetable, Peaches, Milk Condiments: *Ranch , Ketchup, BBQ	9 Mini Chicken Corn Dog/ Tofu, Baked Beans, Apples, Milk Condiments: *Ranch , Ketchup, BBQ Sauce
12 Indegenous People's Day (SCHOOL CLOSED) 	13 Pesto Turkey/Cheese Sandwich, Cucumbers, Berries, Milk Condiments: *Ranch	14 Pita Bread, Grilled Chicken/Falafal, Hummus, Salad, Cantaloupe, Milk	15 Chicken Tenders/Veggie Tenders, Cherry Tomato, Oranges, Milk Condiments: *Ranch , Ketchup, BBQ	16 Fish Tenders/Tofu, Baby Corn/Carrots, Orange, Milk Condiments: *Ranch , Ketchup, BBQ Sauce
19 Pesto Pasta, Garlic Bread, Mixed Vegetables, Apples, Milk	20 Tortilla Chips, Nacho Cheese, Black Beans, Salsa, Watermelon, Milk	21 Chicken Burger/Veggie Burgers, Cucumbers, Peaches, Milk Condiments: *Ranch , Ketchup, BBQ Sauce	22 Vegetarian Chilli, Corn Bread Muffin, Cheese, Pears, Milk	23 Chicken Nuggets/ Veggie Nuggets, Kernal Corn, Apples, Milk Condiments: *Ranch , Ketchup, BBQ Sauce
26 Parmesan Pasta/Plain Pasta, Green Beans, Oranges, Milk	27 Mini Chicken Corn Dog/Veggie Corn Dog, Baby Carrots, Strawberries, Milk Condiments: *Ranch , Ketchup, BBQ Sauce	28 Black Bean Tacos, Rice, Cucumbers, Lettuce, Grapes, Milk Condiments: *Ranch , Ketchup, BBQ Sauce	29 Cheese Pizza, Baby Carrots, Oranges, Milk	30 Grilled Cheese Sandwich, Tomato Soup, Melon, Milk