

Lunch Menu: October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 TACO CASSEROLE W/BEEF TACO CASSEROLE W/BEANS BLACK BEAN SALSA TOMATO SALSA (AM) PEARS MILK: 1% Low Fat MILK: Skim	2 LEMON ROSEMARY PEPPER CHICKEN LEMON PEPPER TOFU BROWN RICE KIDNEY BEANS APPLES MILK: 1% Low Fat MILK: Skim	3 FLATBREAD W/MOZZARELLA TOMATO BASIL SALAD (3/4) CORN CUP (1/2C) SPINACH SALAD PEACH CUP MILK: 1% Low Fat MILK: Skim	4 ALL-BEEF BURGERS BLACK BEAN BURGER COLESLAW BANANAS MILK: 1% Low Fat MILK: Skim
7 RED BEANS & RICE CHEESE STICK SPINACH SALAD ORANGES MILK: 1% Low Fat MILK: Skim	8 THAI CHICKEN TACOS THAI TOFU TACOS BLACK BEAN SALSA CHOPPED TOMATO SALAD PEARS MILK: 1% Low Fat MILK: Skim	9 BBQ CHICKEN BBQ TOFU MASHED POTATOES ROLLS APPLES MILK: 1% Low Fat MILK: Skim	10 SALMON CAKES CHICKPEA FRITTER GREEN BEANS ROLLS APPLESAUCE MILK: 1% Low Fat MILK: Skim	11 TURKEY, HAM & CHEESE SANDWICH VEGGIE SANDWICH SPINACH SALAD BANANAS MILK: 1% Low Fat MILK: Skim
14 NO SCHOOL TODAY	15 TACO CASSEROLE W/BEEF TACO CASSEROLE W/BEANS BLACK BEAN SALSA TOMATO SALSA (AM) PEARS MILK: 1% Low Fat MILK: Skim	16 KATI-KATI CHICKEN KATI-KATI TOFU COLLARD GREENS ROLLS APPLES MILK: 1% Low Fat MILK: Skim	17 INDIAN MANGO DAL CHICKEN TENDERS BROWN RICE ROASTED BABY EGGPLANT PLUMS MILK: 1% Low Fat MILK: Skim	18 SLOPPY JOE ON A ROLL SLOPPY TOFU ON A ROLL ROASTED POTATOES BANANAS MILK: 1% Low Fat MILK: Skim
21 TOFU STIR FRY BROWN RICE BABY BOK CHOY ORANGES ROLLS MILK: 1% Low Fat MILK: Skim	22 CILANTRO LIME CHICKEN LENTIL TACOS PICKLED CARROT SALAD CHOPPED TOMATO SALAD PEARS MILK: 1% Low Fat MILK: Skim	23 CURRIED CHICKEN BROWN RICE KIDNEY BEANS APPLES MILK: 1% Low Fat MILK: Skim	24 MEATLOAF VEGGIE "MEATLOAF" MASHED POTATOES ROLLS PLUMS MILK: 1% Low Fat MILK: Skim	25 CHICKEN SANDWICH BLACK BEAN BURGER ROASTED BROCCOLI BANANAS MILK: 1% Low Fat MILK: Skim
28 MACARONI AND CHEESE COLLARD GREENS ORANGES MILK: 1% Low Fat MILK: Skim	29 CHICKEN QUESADILLA QUESADILLA (VEGGIE) BLACK BEAN SALSA PEARS MILK: 1% Low Fat MILK: Skim	30 OVEN FRIED CHICKEN ROASTED CARROTS ROLLS CRANBERRY CUP MILK: 1% Low Fat MILK: Skim	31 SALISBURY STEAK SALISBURY TOFU BROWN RICE GREEN BEANS ROLLS PEACH CUP MILK: 1% Low Fat MILK: Skim	