

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Butter Chicken Basmati Rice Curried Lentils Peas with Coconut and Cilantro	29 Penne Pasta Beef Meatballs Marinara Sauce Veggie Meatballs Garlic Bread Swiss chard	30 General Tso's Chicken Sweet Chili Tofu Broccoli with Garlic Veggie Lo Mein	1 Steak Fajitas Veggie Fajitas Fiesta Rice Black Beans salsa, sour cream	2 Grilled Cheese with Bacon Plain Grilled Cheese Jerk Cauliflower Oven Baked Fries
5 Cheese Tortellini w/ Marinara Sauce Plain Rotini Pasta Pan Roasted Brussels Sprouts Rosemary Focaccia	6 Mojo Roasted Pork Mojo Baked Portobellos Fried Plantains Sautee's Spinach	7 Chicken Tikka Masala Basmati Rice Tofu Tikka Masala Curry Roasted Cauliflower Grilled Naan	8 Beef Chili Veggie Chili Baked Potatoes Steamed Broccoli	9 Turkey Tacos Tofu Tacos Mexican Yellow Rice Chili Roasted Squash
12 School Closed Fall Break	13 Chili Glazed Salmon Chili Glazed Tofu Roasted Yukon Potatoes Autumn Vegetables	14 Penne with Grilled Chicken and Vodka Sauce Plain Rotini Pasta Roasted Kale Garlic Bread	15 Chicken Tenders Lentil Nuggets Roasted Green Beans Corn on the Cob	16 Pepperoni Pizza Plain Pizza
19 Chicken Gyro Pita Bread Veggie Pita Steamed Rice Spinach	20 Beef Stew Root Vegetable Stew Buttered Egg Noodles Peas	21 Jerk Chicken Legs Rice and Beans Jerk Tofu Braised Kale	22 Bowtie Pasta Beef Bolognese Sauce Mushroom Bolognese Garlic Bread Roasted Broccoli and Cauliflower	23 Chicken Shawarma Yellow Rice Falafel Roasted Carrots
26 Honey miso Chicken Thighs Honey Miso Tofu Steamed Edamame	27 Spaghetti Marinara Beef Meatballs Veggie Meatballs Spinach	28 Beef Picadillo Lentil Picadillo Black Beans White Rice	29 Beef Hamburgers Black Bean Burgers Potato Wedges Steamed Broccoli	30 Chicken Fajitas Veggie Fajitas Spanish Rice Corn