

October Lunch MENU 2021

*WF= Wheat Free DF= Dairy Free EF= Egg Free WW/WG= Whole Grain BF= Beef Free

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk
4 Chicken & gravy w/ wg biscuit (EF) Korean BBQ tofu & rice (EF, DF) Chicken Curry w/ WG Rice (EF, WF, DF) Pineapple/Sweet Potatoes Whole/or 1% Milk	5 Chicken Salad w/ WW Bread (DF) Lentil Bolognese w/ wg rotini (DF, EF) Mexican rice & beans (WF, EF, DF) Oranges/Sweet Corn Whole/or 1% Milk	6 Mac & Cheese w/ WG Biscuit Fiesta chicken & WG rice (WF, DF, EG) Peaches /Carrots Whole/or 1% Milk	7 Chicken and Waffles WG Pizza Bread Sticks (EF) Turkey Spanish Rice (WF, DF, EF) Banana/Peas Whole/ or 1% Milk	8 Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk
11 (SMART LUNCH CLOSED) Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk	12 BBQ chicken w/wg rice (DF, EF) Lentil Curry w/ WG Rice (WF, DF, EF) Applesauce/Carrots Whole/or 1% Milk	13*CONTAINS SEASME Chicken nuggets w/ww pita Veggie teriyaki noodles (DF, EG) Mexican rice & beans (WF, EF, DF) Mango/ Baked Beans Whole/or 1% Milk	14 Sweet and Sour Chicken w/ wg (WF, DF, EF) Cheesy frittata w/ wg biscuit Banana/Green Beans Whole/or 1% Milk	15 Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk
18 Chicken Patty w/ WG Bun (EF) Veggie fried rice (DF, WF) Peaches/Pea Whole/or 1% Milk	19 Chicken fajitas w/ ww tortilla (EF) Veggie Sausage Pasta Bake (EF) Turkey Spanish Rice (WF, DF, EF) Pineapples/Sweet Corn Whole/ or 1% Milk	20 Mac & Cheese w/ WG Biscuit Chicken Curry w/ WG Rice (WF, EF, DF) Sweet Potatoes/ Oranges Whole/ or 1% Milk	21 Korean BBQ Turkey w/ ww Pita (EF, DF) Fiesta tofu w/ wg rice (EF, WF, DF) Turkey chili w/wg rice (EF, WF, DF) Mango/Carrots Whole/or 1% Milk	22 Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk
25 *CONTAINS SEASME BBQ Tofu w/ WW (EF, DF) Chicken nuggets w wg biscuit (EF) Chicken with WG rice (WF, EF, DF) Applesauce/Sweet Potatoes Whole/or 1% Milk	26 Fish Stick Taco (EF) Pasta bake w/ ww rotini (EF) Mexican rice & beans (WF, EF, DF) Oranges/ Peas & Carrots Whole/ or 1% Milk	27 Fish Stick Taco Turkey Spanish Rice (WF, DF,EF) Veggie teriyaki noodles (DF, EG) Peas/ Carrots Whole/ or 1%	28 Chicken Salad w/ WW Bread (DF) Lentil Curry w/ WG Rice (WF, EF, DF) Baked beans Beans/ Pears Whole/or 1%	29 Pizza crust, cheese, and tomato sauce Fruit/Veg Whole/or 1% Milk