

October Lunch Menu 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Chicken fajitas w/ww tortillas (EF) Pasta w/meat sauce (DF, EF) Veggie Pasta Salad (EF) Carrots/Pears Whole/ or 1% Milk</p>	<p>4. Chicken Fried rice (WF,EF,DF) BYO WG English Muffin Pizza(EF) Applesauce/Peas Whole/ or 1% Milk</p>	<p>5. Grilled Chicken Parm. w/ww rotini (EF) Mexican rice and beans (WF, EF,DF) Mashed Sweet Potato/ Oranges Whole/ or 1% Milk</p>	<p>6. WG Chicken Nuggets (EF, DF) Veggie Chili Mac (EF DF) Banana/ Cucumbers Whole/ or 1% Milk</p>	<p>7. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>10. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk.</p>	<p>11. Sweet and sour turkey w/wg rice (WF,EF,DF) Baked beans and veggie sausage w/ww Bread (EF DF) Carrots/ Applesauce Whole/ or 1% Milk</p>	<p>12. WG French toast w/ Eggs WG Chicken Nuggets (EF, DF) Chicken Curry w/WG rice (WF,EF,DF) Green Beans/Oranges Whole/ or 1% Milk</p>	<p>13. Pasta bake w/ww rotini (EF) Arroz con pollo (WF,EF,DF) Veggie Sausage hash w/ww bread (EF) Banana/ Sweet Potato Whole/ or 1% Milk</p>	<p>14. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>17. Korean bbq turkey and wg rice (EF,DF) Vegetarian Chili w/wg rice (WF,EF,DF) Apple/Peas and Carrots Whole/ or 1% Milk</p>	<p>18. WG Chicken Nuggets (EF, DF) WG waffles and Eggs Oranges /Green Beans Whole/ or 1% Milk</p>	<p>19. Chicken Salad w/WW bread (DF) BYO WG English Muffin Pizza(EF) Turkey chili w/wg rice Baked beans / Pears Whole/ or 1% Milk</p>	<p>20. Mac & Cheese Sweet and Sour Chicken w/wg rice (WF,EF,DF) Banana/ Cucumber Whole/ or 1% Milk</p>	<p>21. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>24. Arroz con pollo (WF,EF,DF) Bean and Cheese Taco w/wg rice (EF) Peas/Pears Whole/ or 1% Milk</p>	<p>25. Fiesta Chicken w/wg rice (WF,EF,DF) Cheesy frittata w/WW bread Oranges/Carrots Whole/ or 1% Milk</p>	<p>26. WG French toast w/ Eggs WG Chicken Nuggets (EF, DF) Applesauce/Green Beans Whole/ or 1% Milk</p>	<p>27. Herb chicken w/WG rice (WF,EF,DF) Vegetarian chili w/wg rice (WF,EF,DF) Bananas/ Baked beans Whole/ or 1% Milk</p>	<p>28. Pizza crust, cheese, and tomato sauce Applesauce/Carrots Whole/ or 1% Milk</p>
<p>31. TBD</p>				