

Fall Lunch Menu}

september october november

friday	thursday	wednesday	tuesday	monday	
eptember 7, 2018	September 6, 2018	September 5, 2018	September 4, 2018	September 3, 2018	
alo Chicken Sandwich	Turkey Sloppy Joes	Pizza Muffins	Southwest Veggie Burger	Fish Tenders	
uffalo Tofu Sandwich	Boca Sloppy Joes	w/ Marinara	Potato Fries	Veggie Nuggets	
Baby Carrots	Peas & Carrots	Broccoli	Pear Slices	Corn	
Melon Salad	Pineapple	Cantaloupe	Sour Cream	Applesauce	
Whole Grain Bun	Whole Grain Bun		Whole Grain Bun	Ketchup	
				Whole Grain Bread	
eptember 14, 2018	September 13, 2018	September 12, 2018	September 11, 2018	September 10, 2018	
rkey Sausage Patties	Bean & Cheese Burrito	Pasta w/ Marinara	Turkey Tacos	All Natural Beef Hot Dog	
ggie Sausage Patties	Cucumber Slices	and Mozzarella Cheese	Boca Tacos	Tofu Pup	
French Toast	Pineapple	Broccoli	Black Beans	Green Beans	
Baby Carrots	Salsa	Cantaloupe	Orange Slices	Apple Slices	
Fruit Salad			Flour Tortilla	Whole Grain Bun	
			Salsa		
eptember 21, 2018	September 20, 2018	September 19, 2018	September 18, 2018	September 17, 2018	
				Chicken Nuggets	
Beef Burger	Vegetarian Chili	Assian BBQ Drumsticks	Ravioli w/ Marinara Sauce	Veggie Nuggets	
Veggie Burger	Cucumber Slices	Asian BBQ Tofu	Green Beans	Corn	
Baby Carrots	Orange Slices	Broccoli	Pear Slices	Apple Slices	
Melon Salad	Whole Grain Roll	Cantaloupe		Ketchup	
Ketchup		Brown Rice		Whole Grain Bread	
Whole Grain Bun					
eptember 28, 2018	September 27, 2018	September 26, 2018	September 25, 2018	September 24, 2018	
ey Meatball Marinara	Creamy Mac n Cheese	Chicken Teriyaki	Cheese Pizza	Grilled Cheese	
gie Meatball Marinara	Cucumber Slices	Tofu Teriyaki	Green Beans	Cold Peas	
Baby Carrots	Orange Slices	Broccoli	Pineapple	Apple Slices	
Fruit Salad		Cantaloupe			
Whole Grain Bun		Brown Rice			
Baby Car Fruit Sal		Broccoli Cantaloupe			



Fall Lunch Menu}

september october november

monday

tuesday

wednesday

thursday

friday

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L	October 1, 2018	October 2, 2018	October 3, 2018	October 4, 2018	October 5, 2018
	Fish Tenders	Southwest Veggie Burger	Pizza Muffins	Turkey Sloppy Joes	Buffalo Chicken Sandwich
	Veggie Nuggets	Potato Fries	w/ Marinara	Boca Sloppy Joes	Buffalo Tofu Sandwich
	Corn	Pear Slices	Broccoli	Peas & Carrots	Baby Carrots
	Applesauce	Sour Cream	Cantaloupe	Pineapple	, Melon Salad
1	Ketchup	Whole Grain Bun	·	Whole Grain Bun	Whole Grain Bun
	Whole Grain Bread				
	October 8, 2018	October 9, 2018	October 10, 2018	October 11, 2018	October 12, 2018
Α	II Natural Beef Hot Dog	Turkey Tacos	Pasta w/ Marinara	Bean & Cheese Burrito	Turkey Sausage Patties
	Tofu Pup	Boca Tacos	and Mozzarella Cheese	Cucumber Slices	Veggie Sausage Patties
	Green Beans	Black Beans	Broccoli	Pineapple	French Toast
	Apple Slices	Orange Slices	Cantaloupe	Salsa	Baby Carrots
	Whole Grain Bun	Flour Tortilla	·		Fruit Salad
		Salsa			
	October 15, 2018	October 16, 2018	October 17, 2018	October 18, 2018	October 19, 2018
	Chicken Nuggets				
	Veggie Nuggets	Ravioli w/ Marinara Sauce	Assian BBQ Drumsticks	Vegetarian Chili	Beef Burger
1	Corn	Green Beans	Asian BBQ Tofu	Cucumber Slices	Veggie Burger
	Apple Slices	Pear Slices	Broccoli	Orange Slices	Baby Carrots
	Ketchup		Cantaloupe	Whole Grain Roll	Melon Salad
	Whole Grain Bread		Brown Rice		Ketchup
⊩					Whole Grain Bun
L	October 22, 2018	October 23, 2018	October 24, 2018	October 25, 2018	October 26, 2018
	Grilled Cheese	Cheese Pizza	Chicken Teriyaki	Creamy Mac n Cheese	Turkey Meatball Marinara
	Cold Peas	Green Beans	Tofu Teriyaki	Cucumber Slices	Veggie Meatball Marinara
	Apple Slices	Pineapple	Broccoli	Orange Slices	Baby Carrots
			Cantaloupe		Fruit Salad
<u> </u>			Brown Rice		Whole Grain Bun
	October 29, 2018	October 30, 2018	October 31, 2018		
	Fish Tenders	Southwest Veggie Burger	Pizza Muffins		
	Veggie Nuggets	Potato Fries	w/ Marinara		
	Corn	Pear Slices	Broccoli		
1	Applesauce	Sour Cream	Cantaloupe		
	Ketchup	Whole Grain Bun			
1	Rettriup	Whole Grain Bull			/