



Fall Lunch Menu } september october november

monday

tuesday

wednesday

thursday

friday

October 1, 2018

Fish Tenders
Veggie Nuggets
Corn
Applesauce
Ketchup
Whole Grain Bread

October 2, 2018

Southwest Veggie Burger
Potato Fries
Pear Slices
Sour Cream
Whole Grain Bun

October 3, 2018

Pizza Muffins
w/ Marinara
Broccoli
Cantaloupe

October 4, 2018

Turkey Sloppy Joes
Boca Sloppy Joes
Peas & Carrots
Pineapple
Whole Grain Bun

October 5, 2018

Buffalo Chicken Sandwich
Buffalo Tofu Sandwich
Baby Carrots
Melon Salad
Whole Grain Bun

October 8, 2018

All Natural Beef Hot Dog
Tofu Pup
Green Beans
Apple Slices
Whole Grain Bun

October 9, 2018

Turkey Tacos
Boca Tacos
Black Beans
Orange Slices
Flour Tortilla
Salsa

October 10, 2018

Pasta w/ Marinara
and Mozzarella Cheese
Broccoli
Cantaloupe

October 11, 2018

Bean & Cheese Burrito
Cucumber Slices
Pineapple
Salsa

October 12, 2018

Turkey Sausage Patties
Veggie Sausage Patties
French Toast
Baby Carrots
Fruit Salad

October 15, 2018

Chicken Nuggets
Veggie Nuggets
Corn
Apple Slices
Ketchup
Whole Grain Bread

October 16, 2018

Ravioli w/ Marinara Sauce
Green Beans
Pear Slices

October 17, 2018

Assian BBQ Drumsticks
Asian BBQ Tofu
Broccoli
Cantaloupe
Brown Rice

October 18, 2018

Vegetarian Chili
Cucumber Slices
Orange Slices
Whole Grain Roll

October 19, 2018

Beef Burger
Veggie Burger
Baby Carrots
Melon Salad
Ketchup
Whole Grain Bun

October 22, 2018

Grilled Cheese
Cold Peas
Apple Slices

October 23, 2018

Cheese Pizza
Green Beans
Pineapple

October 24, 2018

Chicken Teriyaki
Tofu Teriyaki
Broccoli
Cantaloupe
Brown Rice

October 25, 2018

Creamy Mac n Cheese
Cucumber Slices
Orange Slices

October 26, 2018

Turkey Meatball Marinara
Veggie Meatball Marinara
Baby Carrots
Fruit Salad
Whole Grain Bun

October 29, 2018

Fish Tenders
Veggie Nuggets
Corn
Applesauce
Ketchup
Whole Grain Bread

October 30, 2018

Southwest Veggie Burger
Potato Fries
Pear Slices
Sour Cream
Whole Grain Bun

October 31, 2018

Pizza Muffins
w/ Marinara
Broccoli
Cantaloupe





Fall Lunch Menu

september 2018
october 2018
november 2018

monday

tuesday

wednesday

thursday

friday

			November 1, 2018 Turkey Sloppy Joes <i>Boca Sloppy Joes</i> Peas & Carrots Pineapple Whole Grain Bun	November 2, 2018 Buffalo Chicken Sandwich <i>Buffalo Tofu Sandwich</i> Baby Carrots Melon Salad Whole Grain Bun
November 5, 2018 All Natural Beef Hot Dog <i>Tofu Pup</i> Green Beans Apple Slices Whole Grain Bun	November 6, 2018 Turkey Tacos <i>Boca Tacos</i> Black Beans Orange Slices Flour Tortilla Salsa	November 7, 2018 Pasta w/ Marinara and Mozzarella Cheese Broccoli Cantaloupe	November 8, 2018 Bean & Cheese Burrito Cucumber Slices Pineapple Salsa	November 9, 2018 Turkey Sausage Patties <i>Veggie Sausage Patties</i> French Toast Baby Carrots Fruit Salad
November 12, 2018 Chicken Nuggets <i>Veggie Nuggets</i> Corn Apple Slices Ketchup Whole Grain Bread	November 13, 2018 Ravioli w/ Marinara Sauce Green Beans Pear Slices	November 14, 2018 Assian BBQ Drumsticks <i>Asian BBQ Tofu</i> Broccoli Cantaloupe Brown Rice	November 15, 2018 Vegetarian Chili Cucumber Slices Orange Slices Whole Grain Roll	November 16, 2018 Beef Burger <i>Veggie Burger</i> Baby Carrots Melon Salad Ketchup Whole Grain Bun
November 19, 2018 Grilled Cheese Cold Peas Apple Slices	November 20, 2018 Cheese Pizza Green Beans Pineapple	November 21, 2018 Chicken Teriyaki <i>Tofu Teriyaki</i> Broccoli Cantaloupe Brown Rice	November 22, 2018 Creamy Mac n Cheese Cucumber Slices Orange Slices	November 23, 2018 Turkey Meatball Marinara <i>Veggie Meatball Marinara</i> Baby Carrots Fruit Salad Whole Grain Bun
November 26, 2018 Fish Tenders <i>Veggie Nuggets</i> Corn Applesauce Ketchup Whole Grain Bread	November 27, 2018 Southwest Veggie Burger Potato Fries Pear Slices Sour Cream Whole Grain Bun	November 28, 2018 Pizza Muffins w/ Marinara Broccoli Cantaloupe	November 29, 2018 Turkey Sloppy Joes <i>Boca Sloppy Joes</i> Peas & Carrots Pineapple Whole Grain Bun	November 30, 2018 Buffalo Chicken Sandwich <i>Buffalo Tofu Sandwich</i> Baby Carrots Melon Salad Whole Grain Bun

