

October 2017

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Week of:	10/2/2017				
	10/2	10/3	10/4	10/5	10/6
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Fish Sticks (Wild Alaskan Cod)	Chicken Tacos	Turkey Meatloaf & Marinara	Sweet Potato Mac & Cheese	Pizza Day!
Grain	Oven Fries	Mexican Rice	Smashed Yukon Gold Potatoes	Main Course	Main Course
Vegetable	Roasted Broccoli	Corn on the Cob	Peas & Rainbow Carrots	Steamed Green Beans	Snap Peas, Carrot & Celery Sticks
Vegetarian Option	Roasted Tofu	Black Beans	Hard Boiled Eggs	Roasted Tofu	Hummus
Garnish	Dill Tartar Sauce	Salsa, Sour Cream, Cheddar	Green Salad	Hard Boiled Eggs	Romaine Salad
Soup/Other	Pea Soup			Romaine Salad	
	10/9	10/10	10/11	10/12	10/13
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Columbus Day-Closed!	Gyro Chicken Breast	Glazed Salmon (Wild Caught)	Bolognese Meat Sauce	<i>Breakfast for Lunch!</i> Frittata (Vegetarian)
Carb		Whole Wheat Pita	Jasmine Rice Pilaf	Spaghetti	Whole Wheat French Toast
Vegetable		Roasted Cauliflower	Cucumber Salad	Roasted Broccoli	Fresh Fruit, Yogurt & Granola
Vegetarian Option		Chickpeas & Hummus	Roasted Tofu	Marinara	Vegetarian Main
Sides, Etc		Green Salad		Whole Wheat Focaccia	Maple Syrup
Soup/Other				Parmesan Cheese	
	10/16	10/17	10/18	10/19	10/20
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Classic Grilled Cheese & Tomato Soup	Teriyaki Chicken	Turkey Reubens on Whole Wheat	<i>Diwali!</i> Paneer Makhani	Cheese Tortellini & Marinara
Carb	Roasted Fingerling Potatoes	Veggie Fried Rice	Sweet Potato Wedge Fries	Jasmine Rice	Garlic Bread
Vegetable	Yellow Wax Beans	Edamame Pods	Crunchy Market Veggies	Curried Cauliflower	Green Beans
Vegetarian Option	Vegetarian Main	Teriyaki Tofu	Swiss Reubens	Main Course & Chickpeas	Main
Sides, Etc	Ketchup & Pickles	Miso Soup	Dill Yogurt Ranch Dip & Ketchup		Romaine Salad
Soup/Other					
	10/23	10/24	10/25	10/26	10/27
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main	Herb Roast Chicken	Turkey Tacos	Three Bean Chili	Chicken Tenders	Make Your Own Sandwich
Carb	Penne Alfredo	Mexican Rice & Beans	Rice & Cornbread	Oven Fries	Main Course
Vegetable	Steamed Peas	Corn Succotash	Roasted Honeynut Squash	Snap Peas	Celery & Carrot Sticks
Vegetarian Option	Hard Boiled Eggs	Beans	Vegetarian Chili	Roasted Tofu	Main Course
Sides, Etc	Parmesan	Sour Cream, Cheddar, Salsa	Sour Cream, Cheddar	Honey Mustard & Ketchup	Ranch, Mustard, Mayo, Pickles
Soup/Other					Alphabet Soup