

October 2019 Lunch Menu

#1	MON 30th	TUES 1st	WED 2nd	THURS 3rd	FRI 4th
MEAT	Grilled Chicken Parmesan Pasta w/ Garlic Bread (sf)*	Homemade Chicken Teriyaki w/ Rice*	Tomato Soup w/ Cheese Bread (sf)	Beef Bolognese Pasta Bake w/ Garlic Bread (sf)*	Pepperoni or Cheese Pizza (sf)
GRAIN					
VEG	Carrots Zucchini	Broccoli	Carrots	Carrots Zucchini	Carrots Zucchini
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas
#2	MON 7th	TUES 8th	WED 9th	THURS 10th	FRI 11th
MEAT	Spaghetti and Meatballs w/ Garlic Bread (sf)*	Butter Chicken w/ Rice (gf,sf)*	Turkey White Bean Chili w/ Corn Bread (sf)*	BBQ Pulled Pork Sliders w/ Cheese Cauliflower Bake (gf,sf)*	No Lunch
GRAIN					
VEG	Carrots Zucchini	Carrots	Carrots Celery	Cauliflower	
FRUIT	Bananas	Oranges	Apples	Oranges	
#3	MON 14th	TUES 15th	WED 16th	THURS 17th	FRI 18th
MEAT	Macaroni and Cheese w/ Garlic Bread (sf)*	Orange Chicken w/ Rice (gf,sf)*	Chicken Noodle Soup w/ Cheese Bread (sf)*	Volcano Meatballs and Mashed Potatoes*	Chrispy Chicken Tenders (sf)*
GRAIN					
VEG	Carrots Broccoli	Broccoli	Carrots Celery	Cauliflower	Sweetpotato Wedges
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas
#4	MON 21st	TUES 22nd	WED 23rd	THURS 24th	FRI 25th
MEAT	Chicken or Cheese Alfredo w/ Garlic Bread (sf)	Grilled Lemon Chicken w/ Rice (gf, sf)*	Beef and Bean Chili w/ Corn Bread (sf)*	Turkey or Falafel Meatballs w/ Hummus and Pita (sf)	No Lunch
GRAIN					
VEG	Broccoli	Roasted Veggies	Carrots Celery	Vegetable Sticks	
FRUIT	Bananas	Oranges	Apples	Oranges	
#5	MON 28th	TUES 29th	WED 30th	THURS 31st	FRI 1st
MEAT	Beef Bolognese Pasta Bake w/ Garlic Bread (sf)*	Mandarin Chicken with Rice (gf)*	Sweet Corn Turkey Chowder with Cheese Bread (sf)*	Grilled Chicken Parmesan Pasta w/ Garlic Bread (sf)*	Pepperoni or Cheese Pizza (sf)
GRAIN					
VEG	Carrots Spinach	Carrots Peas	Carrots Celery	Carrots Zucchini	Carrots Zucchini
FRUIT	Bananas	Oranges	Apples	Oranges	Bananas

Pre-School Serving Sizes

Meat 1.5 oz, grains 1-2 oz - 1/2 slice - 1/4 cup, vegetables 1/4 cup, fruit 1/4 cup

Grade School Serving Sizes

Meat 2.5 oz, grains 2 - 4 oz - 1 slice - 1/2 cup, vegetables 1/2 cup, fruit 1/2 cup

Middle School Serving Sizes

Meat 4 oz, grains 4 - 6 oz - 2 slices - 1 cup, vegetables 1 cup, fruit 1 cup

Ingredients List For Details

Gluten Free - gf Soy Free - sf All our food is nut free

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