

Lunch Menu (October 2021)



	MON	TUE	WED	THU	FRI
					1
ENTRÉE					Chicken Tenders (GF)
VEGETARIAN					Vegan Tender
VEGETABLE					*Coleslaw Salad
FRUIT					Fruit Medley
	4	5	6	7	8
ENTRÉE	Dairy-Free Tomato Chicken Mac & Cheese (GF)	Turkey Orzo Rissoto (GF)	Teriyaki Chicken (GF)	Dairy-Free Creamy Tuscan Chicken Pasta (GF)	No School: In-service Day
VEGETARIAN	Tomato Vegan Mac & Cheese	Veggie Orzo Rissoto	Teriyaki Tofu	Vegan Creamy Tuscan Pasta	
VEGETABLE	*Onion, Tomato, Parsley	*Vegetable Medley	*Vegetable Medley	*Cannellini Beans, Tomato, Spinach, Bell Pepper	
FRUIT	Mandarin	Sliced Apple	Sliced Oranges	Banana	
	11	12	13	14	15
ENTRÉE	Half Day: Parent-Teacher Conferences	Spaghetti & Chicken Meatballs (GF)	Sweet & Sour Chicken (GF)	Baked Ziti with Marinara Sauce (GF)	Chicken Tenders (GF)
VEGETARIAN		Spaghetti & Vegan Meatballs	Vegan Sweet & Sour	Vegan Baked Ziti with Marinara Sauce	Vegan Tender
VEGETABLE		*Onion, Tomato, Carrots	*Vegetable Medley	*Tomato, Carrots, Bean Puree	*Coleslaw Salad
FRUIT		Sliced Apple	Sliced Oranges	Banana	Fruit Medley
	18	19	20	21	22
ENTRÉE	Spaghetti Pasta Bolognese (GF)	Chicken Orzo Rissoto (GF)	Dairy-Free Butter Chicken with Rice (GF)	Baked Chicken Pasta (GF)	No School: Parent-Teacher Conferences
VEGETARIAN	Vegan Spaghetti with Marinara Sauce	Veggie Orzo Rissoto	Vegetarian Butter Tofu	Baked Vegan Pasta	
VEGETABLE	*Onion, Carrots, Beans, Tomato	*Vegetable Medley	*Vegetable Medley	*Bell Pepper, Carrots, Celery, Tomato, Onion	
FRUIT	Mandarin	Sliced Apple	Sliced Oranges	Banana	
	25	26	27	28	29
ENTRÉE	Chicken & Veggie Stew with Bread Roll (GF)	Dairy-Free Tomato Turkey Mac & Cheese (GF)	Korean BBQ Chicken (GF)	Turkey Singapore Noodle (GF)	Chicken Tenders (GF)
VEGETARIAN	Vegetable Stew with Bread Roll	Tomato Vegan Mac & Cheese	Vegan Korean BBQ Tofu	Vegan Tofu Singapore Noodle	Vegan Tender
VEGETABLE	*Carrots, Tomato, Onion, Chickpea	*Onion, Tomato, Parsley	*Vegetable Medley	*Vegetable Medley	*Coleslaw Salad
FRUIT	Mandarin	Mandarin	Sliced Oranges	Banana	Fruit Medley

Pre-School Serving Sizes

Meat 2.0 oz grains 1-2 oz bread 1/2 slice vegetables 1/4 cup fruit 1/4 cup

Grade School Serving Sizes

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

Protein content: Meat or a bean equivalent

Gluten Free (gf) Soy Free (sf)

Veggie inside entree marked with (*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich