

# Lunch Menu (October 2021)

|            | MON   | TUE  | WED                                   | THU  | FRI  |
|------------|---|--|---------------------------------------|--|--|
|            |   |  |                                       |  | 1  |
| ENTRÉE     |   |  |                                       |  | Chicken Tenders (WGR)                                |
| VEGETARIAN |   |  |                                       |  | Vegan Tender   |
| VEGETABLE  |   |  |                                       |  | *Coleslaw Salad                                      |
| FRUIT      |   |  |                                       |  | Fruit Medley   |
|            | 4   | 5  | 6                                     | 7  | 8  |
| ENTRÉE     | <b>Creamy Tomato Chicken Mac &amp; Cheese (WGR)<sup>^</sup></b> | <b>Turkey Orzo Rissoto (WGR)</b>                               | <b>Teriyaki Chicken (WGR)</b>         | <b>Creamy Tuscan Chicken Pasta (WGR)<sup>^</sup></b> | <b>No School:<br/>In-service Day</b>                 |
| VEGETARIAN | Creamy Tomato Veggie Mac and Cheese                             | Veggie Orzo Rissoto  | Teriyaki Tofu                         | 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     | <b>Half Day:<br/>Parent-Teacher<br/>Conferences</b>             | <b>Spaghetti &amp; Chicken Meatballs (WGR)</b>                 | <b>Sweet &amp; Sour Chicken (WGR)</b> | <b>Baked Ziti with Marinara Sauce (WGR)</b>          | Chicken Tenders (WGR)                                |
| VEGETARIAN |   | Spaghetti & Veggie Meatballs                                   | Sweet & Sour Tofu                     | 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     | <b>Spaghetti Bolognese (WGR)</b>                                | <b>Chicken Orzo Rissoto (WGR)</b>                              | <b>Butter Chicken with Rice (WGR)</b> | <b>Baked Chicken Parmesan (WGR)<sup>^</sup></b>      | <b>No School:<br/>Parent-Teacher<br/>Conferences</b> |
| VEGETARIAN | Spaghetti with Marinara Sauce                                   | Veggie Orzo Rissoto  | Vegetarian Butter Tofu                | Baked Veggie Parmesan                                |  |
| VEGETABLE  | *Onion, Carrots, Beans, Tomato                                  | *Vegetable Medley  | *Vegetable Medley                     | *Bell Pepper, Celery, Tomato, Onion                  |  |
| FRUIT      | Mandarin  | Sliced Apple   | Sliced Oranges                        | Banana   |  |
|            | 25  | 26   | 27                                    | 28   | 29   |
| ENTRÉE     | <b>Chicken &amp; Veggie Stew with Bread Roll (WGR)</b>          | <b>Creamy Tomato Turkey Mac &amp; Cheese (WGR)<sup>^</sup></b> | <b>Korean BBQ Chicken (WGR)</b>       | <b>Turkey Singapore Noodle (WGR)</b>                 | Chicken Tenders (WGR)                                |
| VEGETARIAN | Vegetable Stew  | Creamy Tomato Veggie Mac and Cheese                            | Korean BBQ Tofu                       | Tofu Singapore Noodle                                | Vegan Tender   |
| VEGETABLE  | *Celery, Tomato, Onion  | *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 <sup>^</sup> contain Allergens. See ingredient list for detail

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