



Menu Coding

V = Vegetarian Entrée Option

Underline = May Contain Dairy

*Asterisk = May Contain Eggs

^Arrow = May Contain Wheat

Some prepackaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.

October 2020

MON	TUE	WED	THU	FRI
			1	2
<p>We offer the following organic products on the menu:</p> <ul style="list-style-type: none"> ✓ Carrots ✓ Broccoli ✓ Mixed Berries ✓ Cherries ✓ Strawberries ✓ Fresh Spinach 	<p>Fresh Fruit Selections:</p> <ul style="list-style-type: none"> ✓ Apple Slices ✓ Orange Smiles ✓ Bananas ✓ Melons 		<p>^<u>Chicken Alfredo</u> w/ Broccoli, *^<u>Warm Garlic Knots</u>, and Fruit Selection (V= ^<u>Veggie Alfredo</u>)</p> <p>Sunbutter w/ ^Crackers</p>	<p>Lemon-Herb Baked Chicken w/ Brown Rice, Mixed Vegetables, and Fresh Fruit Selection</p> <p>Babaganoush w/ ^Pita Chips</p>
5	6	7	8	9
<p>^Roasted Vegetable Pasta w/ Marinara, *^<u>Garlic Knots</u>, and Fresh Fruit Selection</p> <p><u>Peach-Mango Smoothies</u></p>	<p><u>Turkey and Wild Rice Casserole</u> w/ Peas and Carrots, *^<u>Warm Rolls</u>, and Fruit Selection (V= <u>Wild Rice Casserole</u>)</p> <p>^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>	<p>^<u>Chili-Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, Corn, and Fresh Fruit (V= ^Meatless Tacos)</p> <p>Ants on a Log (Bananas w/ Sunbutter and Raisins)</p>	<p>^<u>Turkey and Bean Enchiladas</u> w/ Corn and Peppers, and Fruit Selection (V= ^<u>Bean Enchiladas</u>)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>^<u>Spinach and Kale Pesto Pasta</u> w/ Carrots and Fruit Selection</p> <p>^Pretzels w/ <u>Cheddar Cheese Sauce</u></p>
12	13	14	15	16
<p>SCHOOL CLOSED FOR INDIGENOUS PEOPLES DAY</p>	<p>^Grilled Cheese Sandwiches w/ Roasted Potatoes, Green Beans, and Fruit Selection</p> <p>^Monkey Munch Trail Mix</p>	<p>Rotisserie Style Chicken w/ Broccoli, *^<u>Warm Rolls</u>, and Baked Apples (V= ^Veggie Patty)</p> <p><u>Housemade Spinach Dip</u> w/ ^Pita Bread</p>	<p>Ground Turkey Sloppy Joes w/ *^<u>Warm Rolls</u>, Peas and Carrots, and Fruit Selection (V= ^Meatless Sloppy Joes)</p> <p>Fresh Fruit Selection w/ <u>Cheese</u></p>	<p>^*<u>Cheese Ravioli</u> w/ Marinara, Yellow Squash, *^<u>Garlic Knots</u>, and Fruit Selection</p> <p><u>Confetti Yogurt Dip</u> w/ Apples</p>
19	20	21	22	23
<p>^<u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread, and Fresh Fruit Selection</p> <p>Spiced Peaches w/ <u>Yogurt</u></p>	<p>^Chicken Fajitas w/ Peppers and Onions, Corn, Yellow Rice, and Fruit Selection (V= ^Meatless Fajitas)</p> <p>Hummus w/ ^Pita Chips</p>	<p>Veggie Fried Rice w/ ^^Eggrolls, Stir Fry Vegetables, and Fresh Fruit Selection</p> <p>^Crackers w/ <u>Cheese</u></p>	<p>^*<u>Turkey Lasagna</u> w/ Broccoli and Fruit Selection (V= *^<u>Veggie Lasagna</u>)</p> <p>^Housemade Trail Mix</p>	<p>Spanish Style Black Beans w/ Brown Rice, Plantains, *^<u>Warm Rolls</u>, and Fruit Selection</p> <p>Fresh Fruit Selection</p>
26	27	28	29	30
<p>^<u>Spinach and Artichoke Pasta</u> w/ Green Beans, ^Warm Pita, and Fruit Selection</p> <p>Fresh Fruit w/ <u>Yogurt Dip</u></p>	<p>^Ground Turkey Tacos w/ <u>Cheddar Sprinkles</u>, Saffron Rice, Corn, and Fruit Selection (V= ^Meatless Tacos)</p> <p><u>Pineapple-Mango Smoothies</u></p>	<p>Chickpea Curry w/ Steamed Rice, ^Housemade Cornbread, and Fruit Selection</p> <p>*^<u>Celebration Apple Cobbler</u></p>	<p>Hawaiian Chicken w/ Brown Rice, Carrots, *^<u>Warm Rolls</u> and Fresh Fruit (V= ^Veggie Patty)</p> <p>Apple Slices w/ Sunbutter</p>	<p>Chicken Nuggets w/ Sweet Potato Fries, Green Peas, and Fresh Fruit Selection (V= ^Veggie Nuggets)</p> <p>Guacamole w/ ^Pita Chips</p>