



SIMPLY GOOD



Supper

October 2015

Did you know—If you see it in **green**, it's **local** and if you see it in **blue**, it has international influence! **All of our chicken is antibiotic free (ABF)!**

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Oct 5</i>	<i>Oct 6</i>	<i>Oct 7</i>	<i>Oct 8</i>	<i>Oct 9</i>
Turkey Pastrami on Whole Grain Roll Fresh Baby Carrot w/ Light Dressing 100% Orange Juice 1% Milk	Turkey Ranch on Whole Grain Wrap Fresh Romaine & Tomato Side Salad Diced Pears 1% Milk	Spicy Chicken Taco Bowl w/ Romaine, Corn, Tomatoes & Cheese , Light Ranch Dressing Whole Grain Tortilla Chips Fresh Orange 1% Milk	Chicken Salad Sandwich on Whole Grain Bread Local Tuscan Kale Salad Peach Cup 1% Milk	PROFESIONAL DEVELOPMENT DAY NO SCHOOL 
<i>Oct 12</i>	<i>Oct 13</i>	<i>Oct 14</i>	<i>Oct 15</i>	<i>Oct 16</i>
Columbus Day No School 	Turkey Veggie Wrap w/ Romaine, Tomato & Cucumber Slices Diced Pears 1% Milk	Turkey Ham & Cheese on Whole Grain Bread Fresh Cucumber Coins Peach Cup 1% Milk	Garden Salad w/Romaine, Tomatoes and Cheese Whole Grain Roll 1% Milk	Tuna Salad Sandwich on Whole Grain Bread Fresh Celery Sticks w/ Light Dressing Fresh Local Apple 1% Milk
<i>Oct 19</i>	<i>Oct 20</i>	<i>Oct 21</i>	<i>Oct 22</i>	<i>Oct 23</i>
Parents Teacher Conference Day No School 	Spicy Chicken Taco Bowl w/ Romaine, Corn, Tomatoes & Cheese, Light Ranch Dressing Whole Grain Tortilla Chips 1% Milk	Turkey Ranch on Whole Grain Wrap Fresh Celery Sticks w/ Light Dressing Diced Pears 1% Milk	French Bistro Sandwich w/ Tomato, Mozzarella and Chicken Sandwich on Whole Grain Roll Fresh Cucumber Coins Peach Cup 1% Milk	Chicken Salad Whole Wheat Wrap Baby Carrots w/Light Dressing 100% Apple Juice 1% Milk
<i>Oct 26</i>	<i>Oct 27</i>	<i>Oct 28</i>	<i>Oct 29</i>	<i>Oct 30</i>
Hummus Platter w/Broccoli Florets, Baby Carrots, Celery Sticks Whole Grain Pretzel Sticks 1% Milk	Turkey Ranch on Whole Grain Wrap Fresh Cucumber Coins w/ Light Dressing Peach Cup 1% Milk	Picnic Basket Chicken Drumstick w/ Whole Grain Roll Diced Pears 1% Milk	Chicken Caesar Whole Grain Wrap Peach Cup 1% Milk	Grilled Chicken Caesar Salad w/ Romaine, Cheese & Whole Grain Croutons Fresh Local Apple 1% Milk