

BEFORE SCHOOL, AFTER SCHOOL AND ANYTIME IN BETWEEN
NUTRITIOUS AND INNOVATIVE MENUS

OCTOBER 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUPPER MENU

3 Veggie Fried Rice V Mixed Garden Vegetables Peach Cup	4 Cheese Pizza V Seasoned Carrot Coins Fresh Apple Slices	5 Grilled Cheese Sandwich V on Whole Grain Bread V Seasoned Potato Wedges with Ketchup Applesauce	6 PARENT TEACHER CONFERENCE DAY NO SCHOOL	7 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL
10 INDIGENOUS PEOPLES' DAY NO SCHOOL	11 Bean & Cheese Burrito served with Sour Cream V Refried Beans Applesauce Cup	12 Gardenburger V OR Hamburger with Lettuce & Tomato on Whole Grain Bun with Mustard Roasted Diced Potatoes with Ketchup Fresh Banana	13 Hearty Garden Salad VE with Tortilla Chips V Fresh Celery Sticks with Lite Ranch Dressing Fresh Apple Slices	14 Whole Grain Macaroni & Cheese V with Breadstick V Seasoned Green Beans Peach Cup
17 Gardenburger with Lettuce & Tomato on Bun V OR Meatball Sub Sandwich on Sub Roll Roasted Diced Potatoes with Ketchup Pineapple Tidbits	18 Garden Wrap V Celery Sticks with Lite Ranch Dressing Peach Cup	19 Stuffed Shells with Breadstick V Mixed Garden Vegetables Fresh Banana	20 Classic Chef Salad with Lite Ranch Dressing and Goldfish Pretzels V Celery Sticks with Lite Ranch Dressing Applesauce Cup	21 Grilled Cheese Sandwich V Blue Ribbon Slaw Fresh Orange Smiles
24 Lasagna Rollup V with Dinner Roll V Mixed Garden Vegetables Peach Cup	25 Sunbutter & Jelly Sandwich on Bun VE Fresh Cucumber Coins with Lite Ranch Dressing Fresh Apple Slices	26 Veggie Pizza V Baked Sweet Potato Wedges with Ketchup Applesauce	27 Egg Salad Sandwich on Bun V Garden Side Salad with Lite Ranch Dressing Pear Cup	28 Cheese Quesadilla V OR Chicken Quesadilla with Sour Cream Roasted Corn Fresh Orange Smiles
31 Queso Fiesta Mac with Breadstick V Seasoned Green Beans Fresh Banana	1 Veggie Tortellini V With garlic knot V Roasted Broccoli Peach Cup	2 Gardenburger V OR Hamburger with Lettuce & Tomato on Whole Grain Bun with Mustard Potato Wedges Baked Beans Applesauce cup	3 Bean & Cheese de Chile Relleno Burrito V Tomato Corn Cilantro Salad Mandarin Orange Cup	4 Cheese Pizza V Carrot Sticks with lite ranch dressing Fresh Apple Slices

Student's choice of skim or 1% hormone-free milk provided at every meal. All grains are whole grain rich. Vegetarian options (including milk and eggs) notated with **V**, Vegan options notated with **VE**. Locally Sourced items noted in green. This menu is subject to change and based upon product availability.