



October 2021 – Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Age-appropriate milk must be served with lunch	Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider			1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
4 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	5 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	7 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
11 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	13 Dirty brown rice with beef, quinoa and farro* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla* Green Beans Fresh fruit	15 (V) Lasagna Tossed salad Fresh fruit
18 Whole wheat ziti with chicken* (V) Lentil penne & tomato sauce w/ soy*#^ Grated cheese Tossed salad Fresh fruit	19 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	20 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	21 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit	22 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit
25 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	26 (V) Whole grain cheese melt* Tomato alphabet soup Fresh fruit	27 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	28 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice* Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



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1 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	2 (V) Whole grain pizza* Garden salad Fresh fruit	3 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat roll* Fresh fruit	4 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	5 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
8 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	9 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	10 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	11 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter* Fresh fruit	12 Turkey taco w/ whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
15 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	16 (V) Lasagna Tossed salad Fresh fruit	17 Dirty brown rice with beef, quinoa and farro* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	18 Turkey meatloaf (V) French lentils w/ thyme^ Peas Whole wheat bread/butter* Fresh fruit	19 THANKSGIVING LUNCH Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
22 Whole wheat ziti with chicken* (V) Lentil penne & tomato sauce w/ soy* #^ Grated cheese Tossed salad Fresh fruit	23 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	24 (V) Ravioli w/ olive oil, tomato sauce & fresh basil Peas Fresh fruit	25 <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>	26 <p style="text-align: center;">CLOSED FOR THANKSGIVING</p>
29 Turkey sloppy joe (V) Vegetarian sloppy joe^ Corn & edamame *Whole wheat roll Fresh fruit	30 (V) Whole grain cheese melt* Tomato alphabet soup Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider</i>

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