





# OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 CHICKEN STIR-FRY VEGGIE STIR-FRY RICE FRESH FRUIT &amp; BERRIES</p>	 <p>6 HUMMUS &amp; TABOULE PITA CHICKEN PARMESAN SUB FRESH FRUIT &amp; BERRIES ROASTED SWEET POTATO FRIES</p>	<p>7 CHICKEN BROCCOLI ZITI PENNE MARINARA FRESH FRUIT &amp; BERRIES GARLIC BREAD</p>	<p>1 BEEF CHILI VEGGIE CHILI GRILLED CHEESE YOGURT PARFAIT</p>	 <p>2 PIZZA! CHEESE PIZZA! MEATBALL FRESH FRUIT &amp; BERRIES</p>
<p>12 NO SCHOOL INDIGENOUS/COLUMBUS DAY</p>	<p>13 ROASTED VEGGIE WRAP PHILLY CHEESE-STEAK SUB VEGGIE STICKS</p>	<p>14 MAC &amp; CHEESE PENNE MARINARA FRESH FRUIT &amp; BERRIES GARLIC BREAD</p> 	<p>8 TOMATO SOUP GRILLED CHEESE SANDWICH YOGURT PARFAIT</p>	<p>16 PIZZA! CHEESE PIZZA! CHICKEN ALFREDO FRESH FRUIT &amp; BERRIES</p>
<p>19 TACOS, PULLED PORK TACOS, ROASTED VEGGIE FRESH FRUIT &amp; BERRIES SPANISH RICE</p> 	<p>20 BBQ TURKEY TIPS VEGGIE KABOBS GARLIC MASHED POTATOES VEGGIE STICKS</p>	<p>21 4-CHEESE LASAGNA PENNE MARINARA FRESH FRUIT &amp; BERRIES GARLIC BREAD</p>	<p>15 CHICKEN NOODLE SOUP VEGETABLE NOODLE SOUP GRILLED CHEESE SANDWICH YOGURT PARFAIT</p>	<p>23 PIZZA! CHEESE PIZZA! BUFFALO CHICKEN FRESH FRUIT &amp; BERRIES</p>
<p>26 CHICKEN CAESAR SALAD ROASTED VEGGIE CAESAR SALAD FRESH FRUIT AND BERRIES</p>	<p>27 ROASTED CHICKEN BREAST ROASTED BRUSSEL SPROUTS WITH SWEET POTATO &amp; ONION GARLIC MASHED POTATOES YOGURT PARFAIT</p>	<p>28 PENNE BOLOGNESE PENNE TOMATO BASIL PENNE MARINARA GARLIC BREAD FRESH FRUIT AND BERRIES</p>	<p>9 NO SCHOOL TEACHER PROFESSIONAL DEVELOPMENT</p>	<p>30 PIZZA! CHEESE PIZZA! PEPPERONI FRESH FRUIT &amp; BERRIES</p>