

OCTOBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PIZZA! CHEESE OR HAWAIIAN FRESH FRUIT & BERRIES HAM & CHEESE SANDWICH SOY BUTTER AND JELLY SANDWICH
4 BREAKFAST FOR LUNCH! PANCAKES, BACON, EGGS & TATER TOTS YOGURT PARFAIT TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	5 STIR FRY, CHICKEN OR VEGETABLE RICE PILAF FRESH FRUIT & BERRIES TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	6 CHICKEN BROCCOLI PENNE PENNE MARINARA GARLIC BREAD SALAD OF THE DAY TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	7 ITALIAN WEDDING SOUP GRILLED CHEESE SANDWICH YOGURT PARFAIT TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	8 PIZZA! CHEESE PIZZA! CAPRESE FRESH FRUIT & BERRIES TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH
11 NO SCHOOL INDIGENIOUS PEOPLES' DAY	12 ROASTED CHICKEN QUESADILLA MUSHROOM & PEPPER QUESADILLA SPANISH RICE YOGURT PARFAIT HAM & CHEESE SANDWICH SOY BUTTER AND JELLY SANDWICH	13 PENNE WITH MEATBALLS PENNE MARINARA GARLIC BREAD SALAD OF THE DAY ROAST BEEF & CHEESE SANDWICH SOY BUTTER & JELLY SANDWICH	14 TOMATO SOUP GRILLED CHEESE SANDWICH YOGURT PARFAIT ROAST BEEF & CHEESE SANDWICH SOY BUTTER & JELLY SANDWICH	15 PIZZA! CHEESE PIZZA! BBQ CHICKEN FRESH FRUIT & BERRIES ROAST BEEF & CHEESE SANDWICH SOY BUTTER & JELLY SANDWICH
18 HUMMUS AND TABBOULEH PITA MEATBALL SUB ROASTED POTATOES YOGURT PARFAIT ROAST BEEF & CHEESE SANDWICH SOY BUTTER & JELLY SANDWICH	19 ROASTED CHICKEN BREAST VEGETABLE KABOBS GARLIC MASHED POTATOES SALAD OF THE DAY FRESH FRUIT & BERRIES HAM & CHEESE SANDWICH SOY BUTTER AND JELLY SANDWICH	20 MAC & CHEESE PENNE MARINARA GARLIC BREAD SALAD OF THE DAY HAM & CHEESE SANDWICH SOY BUTTER & JELLY SANDWICH	21 PIZZA! CHEESE PIZZA! SAUSAGE FRESH FRUIT & BERRIES HAM & CHEESE SANDWICH SOY BUTTER AND JELLY SANDWICH	22 NO SCHOOL PROFESSIONAL DEVELOPMENT
25 TACOS, PULLED CHICKEN OR ROASTED VEGGIE YOGURT PARFAIT SPANISH RICE TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	26 CURRY CHICKEN & WHITE RICE CURRY VEGETABLES & WHITE RICE FRESH FRUIT & BERRIES TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	27 4-CHEESE LASAGNA PENNE MARINARA SALAD OF THE DAY GARLIC BREAD TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	28 CHICKEN NOODLE SOUP VEGETABLE NOODLE SOUP GRILLED CHEESE SANDWICH YOGURT PARFAIT TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH	29 PIZZA! CHEESE PIZZA! PEPPERONI FRESH FRUIT & BERRIES TURKEY SANDWICH SOY BUTTER & JELLY SANDWICH