

October 2013

LUNCH MENU

	10/1*	10/2	10/3 gf/df *	10/4 * gf/df
	Carmel Apple Baked French Toast Fresh Fruit and Veggies Milk	Sweet corn and Chicken Pie Fresh Fruit Milk		Three Sisters Stew Fresh Fruit and bread Milk

			Vietnamese Noodle Salad with Chickpeas	
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			Fresh Fruit and Veggies Milk	
10/7* Cheese pizza Fruit and Veggies Milk	10/8* Bagels and Cream Cheese Fruit and Yogurt Smoothies Fresh Veggies Milk available	10/9* gf Eggplant Parmesan Fresh fruit and veggies Milk	10/10*gf/ df Three Sisters Casserole Fresh Fruit and bread Milk	10/11 Chicken Noodle Soup Fresh Fruit and veggies Fresh Bread Milk
10/14* Cheese pizza Fruit and Veggies Milk	10/15* Apple Cinnamon Pancakes Fresh Fruit and Veggies Milk	10/16 Sausage and White Bean Cassoulet Fresh fruit and Veggies Milk	10/17* Macaroni and Cheese Fresh Fruit and Veggies Milk	10/18 No School
10/21* Cheese pizza Fruit and Veggies Milk	10/22* Carrot Ricotta Quiche Fresh fruit and veggies Milk	10/23* Cheese Calzones Fresh Fruit and Veggies Milk	10/24* Creamy Pesto Pasta Bake Fresh Fruit and Veggies Milk	10/25* gf/df Roasted Pumpkin Soup Fresh Fruit Bread Milk
10/28/12* Cheese pizza Fruit and Veggies Milk	10/29/12* Pumpkin Pancakes Applesauce Fresh Veggies Milk	10/30/12 Deviled Chicken Lollipops (breaded drumsticks) Fresh Fruit and Veggies Milk	10/31/13 Pumpkin Lasagna Fresh Fruit and Veggies Milk	

Local Farms and businesses: Gallagher's, Maple Ridge Farms, Brown's Ochards, Moomer's, Farmer's Daughter, Providence Farms, Nicholas Farms, Baytown Kitchen, That's a Pizza, Murray's, Cherry Capital, and The Children's House Gardens.