

## October 2013

### LUNCH MENU

	10/1*	10/2	10/3 <i>gf/df</i> *	10/4 * <i>gf/df</i>
	Carmel Apple Baked French Toast Fresh Fruit and Veggies Milk	Sweet corn and Chicken Pie Fresh Fruit Milk	Vietnamese Noodle Salad with Chickpeas and Carrots Fresh Fruit and Veggies Milk	Three Sisters Stew Fresh Fruit and bread Milk
10/7*	10/8*	10/9* <i>gf</i>	10/10* <i>gf/ df</i>	10/11
Cheese pizza Fruit and Veggies Milk	Bagels and Cream Cheese Fruit and Yogurt Smoothies Fresh Veggies Milk available	Eggplant Parmesan Fresh fruit and veggies Milk	Three Sisters Casserole Fresh Fruit and bread  Milk	Chicken Noodle Soup Fresh Fruit and veggies Fresh Bread Milk
10/14*	10/15*	10/16	10/17*	10/18
Cheese pizza Fruit and Veggies Milk	Apple Cinnamon Pancakes Fresh Fruit and Veggies Milk	Sausage and White Bean Cassoulet Fresh fruit and Veggies Milk	Macaroni and Cheese Fresh Fruit and Veggies Milk	No School
10/21*	10/22*	10/23*	10/24*	10/25* <i>gf/df</i>
Cheese pizza Fruit and Veggies Milk	Carrot Ricotta Quiche Fresh fruit and veggies Milk	Cheese Calzones Fresh Fruit and Veggies Milk	Creamy Pesto Pasta Bake Fresh Fruit and Veggies Milk	Roasted Pumpkin Soup Fresh Fruit Bread Milk
10/28/12*	10/29/12*	10/30/12	10/31/13	
Cheese pizza Fruit and Veggies Milk	Pumpkin Pancakes Applesauce Fresh Veggies Milk	Deviled Chicken Lollipops (breaded drumsticks) Fresh Fruit and Veggies Milk	Pumpkin Lasagna Fresh Fruit and Veggies Milk	

Local Farms and businesses: [Gallager'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](#).