

October 2014

LUNCH MENU

		10/1 GF/DF Quinoa and Sausage Stuffed Peppers Fresh Fruit and Veggies Milk	10/2* Refried Bean Tostadas Fresh Fruit and Veggies Milk	10/3 gf/df Pozole (Pork and Hominy soup) Fresh fruit, veggies, and Corn Chips Milk
10/6* Cheese pizza Fruit and Veggies Milk	10/7* Egg and Cheese Biscuits Fresh Fruit and Veggies Milk	10/8 gf/df Herbed Chicken Drumsticks Fresh Fruit and veggies Milk	10/9* Pesto Pasta Fresh Fruit and Veggies Milk	10/10 Chicken Noodle Soup Fresh Fruit and Bread Milk
10/13* Cheese pizza Fruit and Veggie Milk	10/14* Caramel Apple Baked French Toast Fresh fruit and Veggies Milk	10/15 Sweet Corn and Chicken Pie Fresh Fruit Milk	10/16* Baked Spaghetti Fresh fruit and veggies Milk	10/17 No School/ Professional Development
10/20* Cheese pizza Fruit and Veggie Milk	10/21* Bagels and Cream Cheese Fresh Fruit Smoothies Veggies Milk available	10/22 gf/df Meatloaf Cauliflower Mash and Fresh fruit Milk	10/23 Beef Tacos Fresh Fruit and Veggies Milk	10/24* gf/df Black Bean Chili Fresh Fruit and Veggies Corn Chips Milk
10/27* Cheese pizza Fruit and Veggie Milk	10/28* Pumpkin Pancakes Fresh Fruit and Veggies Milk	10/29* Pumpkin Enchiladas Fresh fruit and vegetables Milk	10/30 Pumpkin Sausage Mac N Cheese Fresh Fruit and Veggies Milk	10/31* Savory Pumpkin Soup Fresh Fruit and Bread Milk

Local Farms and businesses: Maple Ridge Farms, Brown's Orchards, Nicholas Farms, Murray's, Moomer's, Gallagher's, Mi Grille/Baytown Kitchen, Cherry Capital Foods, and That'sa Pizza.

- Vegetarian *
- Entrée Dairy free #
- Entrée Gluten free !