

# October 2015

## LUNCH MENU

			10/1* Refried Bean Tostadas Fresh Fruit and Veggies  Milk	10/2 GF/DF  Pozole (Pork and Hominy Soup) Fresh Fruit, Veggies, and Corn Chips  Milk
10/5*  Cheese Pizza Fresh Fruit and Veggies  Milk	10/6*  Egg and Cheese Biscuits Fresh Fruit and Veggies  Milk	10/7  Sweet Corn and Chicken Pie Fresh Fruit  Milk	10/8*  Pesto Pasta Fresh Fruit and Veggies  Milk	10/9  Chicken Noodle Soup Fresh Fruit and Bread  Milk
10/12*  Cheese Pizza Fresh Fruit and Veggies  Milk	10/13*  Carmel Apple Baked French Toast Fresh Fruit and Veggies  Milk	10/14 GF/DF  Quinoa and Sausage Stuffed Peppers Fresh Fruit and Veggies  Milk	10/15*  Baked Spaghetti Fresh Fruit and Veggies  Milk	10/16  No School/ Professional Development
10/19*  Cheese Pizza Fresh Fruit and Veggies  Milk	10/20*  Bagels and Cream Cheese Fresh Fruit and Veggies  Milk	10/21 GF/DF  Meatloaf Cauliflower Mash and Fresh Fruit  Milk	10/22  Beef Tacos Fresh Fruit and Veggies  Milk	10/23* GF/DF  Black Bean Chili Fresh Fruit and Veggies Corn Chips  Milk
10/26*  Cheese Pizza Fresh Fruit and Veggies  Milk	10/27*  Pumpkin Pancakes Fresh Fruit and Veggies  Milk	10/28*  Pumpkin Enchiladas Fresh Fruit and Veggies  Milk	10/29  Pumpkin Sausage Mac N Cheese Fresh Fruit and Veggies  Milk	10/30*  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 \***
- **Dairy Free Entrée DF**
- **Gluten Free Entrée GF**