

October 2016

LUNCH MENU

<p>10/3*</p> <p>Cheese Pizza Fruit and Veggies</p> <p>Milk</p>	<p>10/4 *</p> <p>Egg and Cheese Biscuits Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/5 GF</p> <p>Meatloaf Mashed Potatoes Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/6*</p> <p>Pesto Pasta Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/7* GF DF</p> <p>Black Bean Chili Fresh Fruit and Veggies Corn Chips</p> <p>Milk</p>
<p>10/10*</p> <p>Cheese Pizza Fruit and Veggies</p> <p>Milk</p>	<p>10/11*</p> <p>Bagels and Cream Cheese Fresh Fruit Smoothies Veggies</p> <p>Milk</p>	<p>10/12 GF DF</p> <p>Quinoa and Sausage Stuffed Peppers Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/13* GF</p> <p>Refried Bean Tostadas Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/14</p> <p>Chicken Noodle Soup Fresh Fruit and Bread</p> <p>Milk</p>
<p>10/17*</p> <p>Cheese Pizza Fruit and Veggies</p> <p>Milk</p>	<p>10/18*</p> <p>Caramel Apple Baked French Toast Fresh Fruit and Veggies</p> <p>Milk available</p>	<p>10/19</p> <p>Sweet Corn and Chicken Pie Fresh Fruit</p> <p>Milk</p>	<p>10/20*</p> <p>Baked Spaghetti Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/21</p> <p>No School/ Professional Development</p>
<p>10/24*</p> <p>Cheese Pizza Fruit and Veggies</p> <p>Milk</p>	<p>10/25*</p> <p>Pumpkin Pancakes Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/26* GF</p> <p>Pumpkin Enchiladas Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/27*</p> <p>Pumpkin Mac N Cheese Fresh Fruit and Veggies</p> <p>Milk</p>	<p>10/28* GF DF</p> <p>Pumpkin and Black Bean Chili Fresh Fruit and Cornbread</p> <p>Milk</p>
<p>10/31*</p> <p>Cheese Pizza Fruit and Veggies</p> <p>Milk</p>				

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 DF**
- **Entrée Gluten Free GF**