

October 2018

LUNCH MENU

10/01 V Cheese Pizza Fruit and Vegetable Milk	10/02 Quiche Lorraine Fruit and Vegetable Milk	10/03 GF DF Meatloaf Fruit and Vegetable Milk	10/04 V Cheesy Broccoli Pasta Bake Fruit and Vegetable Milk	10/05 DF Chicken and Rice Soup Fruit and Bread Milk
10/08 V Cheese Pizza Fruit and Vegetable Milk	10/09 V Lemon Poppy Seed Pancakes Fruit and Vegetable Milk	10/10 V GF Refried Bean Tostadas Fruit and Vegetable Milk	10/11 V DF Vegetable Lo Mein Fruit Milk	10/12 DF Pasta e Fagioli (Noodle, Bean and Sausage Soup) Fruit and Bread Milk
10/15 V Cheese Pizza Fruit and Vegetable Milk	10/16 Egg-Free Breakfast Burrito (Sausage, peppers, potatoes & cheese) Fruit and Vegetable Milk	10/17 GF DF BBQ Bacon Chicken Quinoa Salad Fruit and Vegetable Milk	10/18 Lasagna Fruit and Vegetable Milk	10/19 No School/ Professional Development
10/22 V Cheese Pizza Fruit and Vegetable Milk	10/23 V Bagels and Cream Cheese Fruit & Yogurt Smoothie And Vegetable (Milk Available)	10/24 GF DF Pork Fried Rice Fruit and Vegetable Milk	10/25 V Pumpkin Macaroni & Cheese Fruit and Vegetable Milk	10/26 V GF DF Pumpkin and Black Bean Chili Fruit and Cornbread Milk
10/29 V Cheese Pizza Fruit and Vegetable Milk	10/30 V Pumpkin Pancakes Fruit and Vegetable Milk	10/31 V Pumpkin Enchiladas Fruit and Vegetable Milk		

Local Farms & businesses: Brown's Orchards, Moomer's, Gallagher's, Providence Farm, Cherry Capital Foods, and That'sa Pizza.

Vegetarian: V

Entrée Dairy Free: DF

Entrée Gluten Free: GF