

October 2020

LUNCH MENU

			10/01 v ef Baked Spaghetti Fruit and Vegetable Milk	10/02 gf df ef Chicken and Corn Market Soup Fruit and Bread Milk
10/05 v ef Cheese Pizza Fruit and Vegetable Milk	10/06 ef Egg-Free Breakfast Burrito (Sausage, peppers, potatoes & cheese) Fruit and Vegetable Milk	10/07 v ef Bean and Cheese Quesadilla Fruit and Vegetable Milk	10/08 Beef Goulash With egg noodles Fruit and Vegetable Milk	10/09 v gf df ef Autumn Wild Rice, Sweet Potato & Mushroom Soup Fruit and Bread Milk
10/12 ef Pepperoni Pizza Fruit and Vegetable Milk	10/13 v ef Bagels and Cream Cheese Fruit and Yogurt Smoothies Vegetable (Milk Available)	10/14 gf df ef Chicken Stir Fry with Rice Fruit Milk	10/15 v ef Bell Pepper and Pea Couscous Fruit and Vegetable Milk	10/16 No School Staff Professional Day
10/19 v ef Cheese Pizza Fruit and Vegetable Milk	10/20 v Broccoli Cheese Quiche Fruit and Vegetable Milk	10/21 gf df ef Meatloaf Fruit and Vegetable Milk	10/22 v ef Stuffed Shells Fruit and Vegetable Milk	10/23 gf df ef Pozole (Pork and Hominy Soup) Fruit and Vegetable Tortilla Chips Milk
10/26 ef Pepperoni Pizza Fruit and Vegetable Milk	10/27 v Pumpkin Pancakes Fruit and Vegetable Milk	10/28 v ef Pumpkin Enchiladas Fruit and Vegetable Milk	10/29 v ef Pumpkin Macaroni and Cheese Fruit and Vegetable Milk	10/30 v gf df ef Pumpkin and Black Bean Chili Fruit and Cornbread Milk

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

Vegetarian: v

Entrée Gluten Free: gf

Entrée Dairy Free: df

Entrée Egg Free: ef

