## October 2020

LUNCH MENU

	T	LUNCH MENU		
			10/01 v ef	10/02 gf df ef
			Baked Spaghetti	Chicken and Corn Market Soup
			Fruit and	-
			Vegetable	Fruit and Bread
			Milk	Milk
10/05 v ef	10/06 ef	10/07 v ef	10/08	10/09 v gf df ef
Cheese Pizza	Egg-Free	Bean and Cheese	Beef Goulash	Autumn Wild Rice,
	Breakfast Burrito	Quesadilla	With egg noodles	Sweet Potato &
Fruit and	(Sausage, peppers,			Mushroom Soup
Vegetable	potatoes & cheese)	Fruit and	Fruit and Vegetable	•
		Vegetable	Milk	Fruit and Bread
Milk	Fruit and Vegetable			Tron and bread
	Milk	Milk		Milk
10/12 ef	10/13 v ef	10/14 gf df ef	10/15 v ef	10/16
Pepperoni Pizza	Bagels and Cream	Chicken Stir Fry	Bell Pepper and	No School
r epperom r izza	Cheese	with Rice	Pea Couscous	140 3611001
Fruit and		WIIII KICE	red Couscous	C: (( D ( ) )
Vegetable	Fruit and Yogurt	Fruit	F	Staff Professional
vegelable	Smoothies	11011	Fruit and	Day
Milk	Vegetable	Milk	Vegetable	
/V\IIK	44444 4 44 44 4	/V\IIK		
	(Milk Available)	- /-	Milk	
10/19 v ef	10/20 v	10/21 gf df ef	10/22 v ef	10/23 gf df ef
Cheese Pizza	Broccoli Cheese	Meatloaf	Stuffed Shells	Pozole
	Quiche			(Pork and Hominy
Fruit and		Fruit and	Fruit and Vegetable	Soup)
Vegetable	Fruit and Vegetable	Vegetable		
			Milk	Fruit and Vegetable
Milk	Milk	Milk		Tortilla Chips Milk
10/26 ef	10/27 v	10/28 v ef	10/29 v ef	10/30 v gf df ef
Pepperoni Pizza	Pumpkin Pancakes	Pumpkin Enchiladas	Pumpkin Macaroni	Pumpkin and Black
- 1- 1	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Fruit and	and Cheese	Bean Chili
Fruit and	Fruit and Vegetable	Vegetable		200
Vegetable	siia yogolable	, 595,00,0	Fruit and Vegetable	Fruit and Cornbread
, egoldbic	Milk	Milk	Milk	and combicad
Milk	711118	771111	/V\IIK	Milk
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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