

# October 2021

## LUNCH MENU

				10/01 gf df ef Chicken and Corn Market Soup Fruit and Bread Milk
10/04 v ef Cheese Pizza Fruit and Vegetable Milk	10/05 ef Egg-Free Breakfast Burrito (Sausage, peppers, potatoes & cheese) Fruit and Vegetable Milk	10/06 ef Chicken and Biscuits Fruit and Vegetable Milk	10/07 v ef Baked Penne Fruit and Vegetable Milk	10/08 v ef Broccoli Cheese Soup Fruit and Bread Milk
10/11 v ef Cheese Pizza Fruit and Vegetable Milk	10/12 v ef Apple Baked Oatmeal Fruit and Vegetable Milk	10/13 gf df ef Roasted Sausage and Vegetables with Rice Fruit Milk	10/14 v Beef Goulash With egg noodles Fruit and Vegetable Milk	10/15 No School Staff Professional Day
10/18 v ef Cheese Pizza Fruit and Vegetable Milk	10/19 v ef Bagels and Cream Cheese Fruit and Yogurt Smoothies Vegetable (Milk Available)	10/20 gf df ef Meatloaf Fruit and Vegetable Milk	10/21 v ef Stuffed Shells Fruit and Vegetable Milk	10/22 gf df ef Pozole (Pork and Hominy Soup) Fruit and Vegetable Tortilla Chips Milk
10/25 v ef Cheese Pizza Fruit and Vegetable Milk	10/26 v Pumpkin Pancakes Fruit and Vegetable Milk	10/27 v ef Pumpkin Enchiladas Fruit and Vegetable Milk	10/28 v ef Pumpkin Macaroni and Cheese Fruit and Vegetable Milk	10/29 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

