V EF Cheese Pizza Truit and Vegetable Milk luten Free Available	<b>Tuesday</b> <b>2</b> TACO TUESDAY! V EF Bean and cheese quesadillas fixings (sour cream, salsa) fruit and vegetable milk	Wednesday 3 Bacon and cheese Quiche Fruit and Vegetable Milk	Thursday 4 V EF Foccacia flat bread with tomato sauce, mozzarella and zucchini	Friday 5 EF GF (soup only) White Chicken Chili
Cheese Pizza Fruit and Vegetable Milk	TACO TUESDAY! V EF Bean and cheese quesadillas fixings (sour cream, salsa) fruit and vegetable	Bacon and cheese Quiche Fruit and Vegetable	V EF Foccacia flat bread with tomato sauce,	EF GF (soup only)
Cheese Pizza Fruit and Vegetable Milk	Bean and cheese quesadillas fixings (sour cream, salsa) fruit and vegetable	Fruit and Vegetable	Foccacia flat bread with tomato sauce,	
ruit and Vegetable Milk	fixings (sour cream, salsa) fruit and vegetable	Fruit and Vegetable		White Chicken Chili
Milk	fruit and vegetable	-	mozzarella and zucchini	1
	-	Milk		Slipper Bread
luten Free Available	milk		fruit and vegetable	Fruit and Vegetable
luten Free Available			milk	
		Vegetarian Available		
	9	10	11	12
VEF	TACO TUESDAY!	V	Parent Visiting Day 10:30 - 11:30	V EF DF (soup only)
Cheese Pizza	V EF GF	Egg, cheese and black bean burritos	HALF DAY	Tomato Soup and Grilled cheeses
ruit and Vegetable	Bean and Rice burrito bowl	Fruit and vegetable	Students leave with their parents	fruit and milk
Milk	fixings (sour cream, salsa)	milk	at 11:30	
luten Free Available	milk			
	16	17	18	19
		V	1 · =·	V EF GF
Cheese Pizza			Pesto Pasta!	Vegetable minestrone with beans
ruit and Vegetable	Fixings (sour cream, salsa)	Apple Sauce and yogurt	Fruit and Vegetable	slipper bread
Milk	fruit and vegetable milk	Vegetable and Milk	Milk	milk
luten Free Available				
	Vegetarian available			
	23	24	25	26
• =:		1 · -· ··		V EF DF GF
	1 · · · · · · · · · · · ·		2	Black Bean soup
ruit and Vegetable	Flour tortillas		fruit and milk	slipper bread
Milk	fixings (cheese, sour cream, salsa)	Vegetable and milk		fruit and vegetable
				milk
luten Free Available				
	Vegetarian available			
	30			
VEF	TACO TUESDAY!	DIETARY KEY		
Cheese Pizza	Ground Beef and Crunchy Shells			
ruit and Vegetable	Fixings (cheese, sour cream, salsa)	V - Vegetarian		
Milk	fruit and vegetable			
	milk			
luten Free Available				
	Vegetarian available			
	Milk uten Free Available V EF Cheese Pizza ruit and Vegetable Milk uten Free Available V EF Cheese Pizza ruit and Vegetable Milk uten Free Available	Milkfixings (sour cream, salsa) fruit and vegetable milkV EF Cheese Pizza ruit and Vegetable Milk16 TACO TUESDAY! EF chicken mole, cheese and rice burritos Fixings (sour cream, salsa) fruit and vegetable milkV EF Cheese Pizza ruit and Vegetable Milk23 TACO TUESDAY! EF potato and chorizo tacos Flour tortillas fixings (cheese, sour cream, salsa)V EF Cheese Pizza ruit and Vegetable Milk23 TACO TUESDAY! EF potato and chorizo tacos Flour tortillas fixings (cheese, sour cream, salsa)V EF Cheese Pizza ruit and Vegetable Milk30 TACO TUESDAY! Ground Beef and Crunchy Shells Fixings (cheese, sour cream, salsa)V EF Cheese Pizza ruit and Vegetable Milk30 TACO TUESDAY! Ground Beef and Crunchy Shells Fixings (cheese, sour cream, salsa) fruit and vegetable Milk	Milk uten Free Availablefixings (sour cream, salsa) fruit and vegetable milkmilkV EF Cheese Pizza ruit and Vegetable Milk16 TACO TUESDAY! EF chicken mole, cheese and rice burritos Fixings (sour cream, salsa) fruit and vegetable milk17 V Baked French Toast Apple Sauce and yogurt Vegetable and Milkuten Free Available23 TACO TUESDAY! EF potato and chorizo tacos Flour tortillas fixings (cheese, sour cream, salsa)24 V EF GF Maple Quinoa Porridge (oatmeal-like) Fresh berries and yogurt Vegetable and milkV EF Cheese Pizza 	Milk uten Free Availablefixings (sour cream, salsa) fruit and vegetable milkmilkmilkat 11:30 Professional DayV EF Cheese Pizza ruit and Vegetable MilkTACO TUESDAY! EF chicken mole, cheese and rice burritos Fixings (sour cream, salsa) fruit and vegetable milk17 V Saked French Toast Apple Sauce and yogurt Vegetable and Milk18 VEF Pesto Pastal Fruit and Vegetable MilkV EF Cheese Pizza ruit and Vegetable23 TACO TUESDAY! EF potato and chorizo tacos Flow rotrillas fixings (cheese, sour cream, salsa)24 V EF GF Maple Quinoa Porridge (oatmeal-like) Fresh berries and yogurt Vegetable and milk25 V EF OF GF Tofu fried rice with vegetables fruit and vegetable Fixings (cheese, sour cream, salsa)24 V VEF GF Maple Quinoa Porridge (oatmeal-like) Fresh berries and yogurt Vegetable and milk25 V EF OF GF Tofu fried rice with vegetables fruit and milkV EF Cheese Pizza ruit and Vegetable Milk30 TACO TUESDAY! fround Beef and Crunchy Shelis Fixings (cheese, sour cream, salsa) fruit and vegetable MilkDIETARY KEY V - Vegetarian EF - Equ Free GF - Gluten Free DF- Dairy FreeIETARY KEY V - Vegetarian EF - Equ Free GF - Gluten Free DF- Dairy Free

