

# October 2019

## LUNCH MENU

09/30 V Cheese Pizza Fruit and Vegetable Milk (GF Available)	10/01 Egg-Free Breakfast Burrito (Sausage, peppers, potatoes & cheese) Fruit and Vegetable Milk	10/02 V GF Enchilada Casserole Fruit and Vegetable Milk	10/03 V Pesto Pasta Fruit and Vegetable Milk	10/04 DF Pasta e Fagioli (Noodle, Bean & Sausage Soup) Fruit & Bread Milk
10/07 Pepperoni Pizza Fruit and Vegetable Milk (GF Available)	10/08 V Baked French toast With Maple Syrup Fruit and Vegetable Milk	10/09 GF DF Pork Fried Rice Fruit and Vegetable Milk	10/10 GF DF Mongolian Beef With Rice Noodles Fruit and Vegetable Milk	10/11 V Tomato and Cheese Tortellini Soup Fruit and Bread Milk
10/14 V Cheese Pizza Fruit and Vegetable Milk (GF Available)	10/15 Sausage, Egg and Cheese Biscuits Fruit and Vegetable Milk	10/16 V Baked Spaghetti Fruit and Vegetable Milk	10/17 GF DF Chicken & Sausage Jambalaya Fruit and Vegetable Milk	10/18 No School/ Professional Development
10/21 Pepperoni Pizza Fruit and Vegetable Milk (GF Available)	10/22 Quiche Lorraine Fruit and Vegetable Milk	10/23 V GF Refried Bean Tostadas Fruit and Vegetable Milk	10/24 V DF Vegetable Lo Mein Fruit Milk	10/25 V GF Potato Corn Chowder Fruit and Bread Milk
10/28 V Cheese Pizza Fruit and Vegetable Milk (GF Available)	10/29 V Pumpkin Pancakes Fruit and Vegetable Milk	10/30 V Pumpkin Enchiladas Fruit and Vegetable Milk	10/31 V Pumpkin Macaroni & Cheese Fruit and Vegetable Milk	11/01 V GF DF Pumpkin and Black Bean Chili Fruit and Cornbread 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