

# October 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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<p>10/3</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>GF available</p>	<p>10/4 v gf ef</p> <p>Steel cut oatmeal with fruit, yogurt, and granola</p> <p>Vegetable</p> <p>Milk</p>	<p>10/5</p> <p>BBQ pulled pork sammies on brioche</p> <p>Fruit and vegetable</p> <p>Milk</p>	<p>10/6 df ef</p> <p>Grilled chicken with roasted tomato cous cous</p> <p>Fruit and vegetable</p> <p>Milk</p>	<p>10/07 gf ef v</p> <p>Potato and leek soup</p> <p>Fruit and Slipper Bread</p> <p>Milk</p>
<p>10/10 v ef</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>GF available</p>	<p>10/11 v gf</p> <p>Potato and egg Spanish tortilla (crustless pie with egg and potato)</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/12 df</p> <p>Chicken Pot Pie</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/13 ef</p> <p>Hard shell beef tacos with fixins</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/14 v ef</p> <p>Broccoli Cheese Soup</p> <p>Fruit and Bread</p> <p>Milk</p>
<p>10/17 v ef</p> <p>Cheese Pizza</p>	<p>10/18 ef</p> <p>Ham and cheese crepes</p>	<p>10/19 gf df ef</p>	<p>10/20 v gf ef</p> <p>Matar Paneer with Rice</p>	<p>10/21</p> <p>No School</p>

<p>Fruit and Vegetable</p> <p>Milk</p> <p>GF available</p>	<p>Fruit and Vegetable</p> <p>Milk</p>	<p>Roasted Sausage and Vegetables with Lentils</p> <p>Fruit</p> <p>Milk</p>	<p>(peas and fresh cheese in tomato sauce)</p> <p>Fruit and Milk</p>	<p>Staff Professional Day</p>
<p>10/24 v ef</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>GF available</p>	<p>10/3 v</p> <p>Pumpkin Pancakes</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/27 v ef</p> <p>Pumpkin Enchiladas</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/28 v ef</p> <p>Pumpkin Macaroni and Cheese</p> <p>Fruit and Vegetable</p> <p>Milk</p>	<p>10/29 v gf df ef</p> <p>Pumpkin and Black Bean Chili</p> <p>Fruit and Cornbread</p> <p>Milk</p>
<p>10/31 v ef</p> <p>Cheese Pizza</p> <p>Fruit and Vegetable</p> <p>Milk</p> <p>GF available</p>				

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
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