 October 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |  | **1**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **2**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **5**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **6**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **7**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **8**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **9**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **12**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **13**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **14**  Chicken patty  Tuscan bean and garlic soup  (V) Veggie nuggets  Whole wheat bread/butter\*  Fresh fruit | **15**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **16**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **19**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **20**  (V) Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **21**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **22**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | **23**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*  Corn  Grated cheese  Fresh fruit |
| **26**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit | **27**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **28**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **29**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **30**  (V) Lasagna  Tossed salad  Fresh fruit |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 November 2020 – Lunch

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **3**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **4**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **5**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **6**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **9**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **10**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **11**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **12**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **13**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **16**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **17**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **18**  Chicken nuggets  (V) Veggie nuggets  Potato soup  Whole wheat bread/butter\*  Fresh fruit | **19**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **20**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit |
| **23**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **24**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **25**  Turkey taco w/whole wheat  Tortilla\*  (V) Beans & brown rice burrito\*  Corn  Grated cheese  Fresh fruit | **26**  Closed for Thanksgiving | **27**  Closed for Thanksgiving |
| **30**  Power veggie beef & chicken stew  (V) Black bean tortilla soup^  Spinach salad  Whole wheat bread/butter\*  Fresh fruit |  |  | *Age appropriate milk must be served with lunch* | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 December 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| *Age appropriate milk must be served with lunch* | **1**  Turkey meatloaf  (V) French lentils w/ thyme^  Mashed sweet potatoes  Whole wheat bread/butter\*  Fresh fruit | **2**  Dirty brown rice with beef\*  (V) Dirty brown rice^  Apple coleslaw  Fresh fruit | **3**  Bean, corn, & chicken quesadilla  (V) Bean, corn & cheese quesadilla  With whole wheat tortilla \*  Green Beans  Fresh fruit | **4**  (V) Lasagna  Tossed salad  Fresh fruit |
| **7**  Whole wheat ziti with chicken \*  (V) Lentil penne & tomato sauce w/ soy \*#^  Grated cheese  Tossed salad  Fresh fruit | **8**  Chicken chili  (V) Veg out chili^  Broccoli & cheese salad  Whole wheat bread/butter\*  Fresh fruit | **9**  (V) Ravioli w/olive oil, tomato sauce & fresh basil  Peas  Fresh fruit | **10**  Hamburger slider  (V) Black bean burger #^  Bean medley  \*Whole wheat roll  Fresh fruit | **11**  BBQ chicken leg  (V) Mushroom stroganoff ^  California blend vegetables  \*Whole wheat bread/butter  Fresh fruit |
| **14**  Turkey sloppy joe  (V) Vegetarian sloppy joe ^  Corn & edamame  \*Whole wheat roll  Fresh fruit | **15**  (V) Whole grain cheese melt \*  Tomato alphabet soup  Fresh fruit | **16**  Shepherd’s Pie  (V) Chickpea curry with potatoes^  Pineapple/mango coleslaw  \*Whole wheat bread/butter  Fresh fruit | **17**  Maryland-style chicken  (V) Broccoli & cheddar quinoa w/brown rice \*  Sugar snaps & carrots  \*Whole wheat bread/butter  Fresh fruit | **18**  (V) Whole wheat macaroni & cheese\*  Mixed vegetables  Fresh fruit |
| **21**  Whole wheat Turk-a-roni\*  (V) White bean mushroom soup^  Grated cheese  Southwest salad  Fresh fruit | **22**  (V) Whole grain pizza\*  Garden salad  Fresh fruit | **23**  (V) Spinach manicotti  Winter blend vegetables  Whole wheat bread/butter\*  Fresh fruit | **24**  (V) Beans & Brown rice^  Tossed salad  Tortilla\*  Fresh fruit | **25**  Closed for Christmas Day |
| **28**  Chicken Alfredo with tri-color pasta  (V) Tri-color pasta alfredo  Salad  Fresh fruit | **29**  (V) Broccoli Quiche  Peas  Whole wheat bread/butter\*  Fresh fruit | **30**  Spaghetti & meat sauce\*  (V) Spaghetti & tomato sauce w/ soy #^  Grated cheese  Spinach salad  Fresh fruit | **31**  Chicken leg w/ buttermilk gravy  (V) Picadillo^  Zucchini & yellow squash  Whole wheat bread/butter \*  Fresh fruit | *Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.*  *This institution is an equal opportunity provider* |

(V) Vegetarian meal \*Whole grain

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