 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/butterFresh 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 saladFresh fruit  | **14**Chicken patty Tuscan bean and garlic soup(V) Veggie nuggetsWhole wheat bread/butter\*Fresh fruit  | **15**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **16**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **19**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **20**(V) Quiche Peas Whole wheat bread/butter\*Fresh fruit  | **21**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh fruit | **22**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole 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 coleslawFresh fruit  | **29**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **30**(V) Lasagna Tossed saladFresh fruit  |

(V) Vegetarian meal \*Whole grain

#Gluten free ^Vegan

 November 2020 – Lunch

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| **2**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **3**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole 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/butterFresh 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 saladFresh fruit  | **18**Chicken nuggets (V) Veggie nuggetsPotato soup Whole wheat bread/butter\*Fresh fruit  | **19**(V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **20**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit |
| **23**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh fruit  | **24**Spaghetti & meat sauce\* (V) Spaghetti & tomato sauce w/ soy #^Grated cheese Spinach saladFresh 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 coleslawFresh fruit  | **3**Bean, corn, & chicken quesadilla(V) Bean, corn & cheese quesadillaWith whole wheat tortilla \*Green BeansFresh fruit  | **4**(V) Lasagna Tossed saladFresh fruit  |
| **7**Whole wheat ziti with chicken \*(V) Lentil penne & tomato sauce w/ soy \*#^Grated cheese Tossed saladFresh fruit | **8**Chicken chili (V) Veg out chili^Broccoli & cheese saladWhole 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/butterFresh 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 saladFresh fruit  | **23** (V) Spinach manicottiWinter blend vegetablesWhole wheat bread/butter\*Fresh fruit | **24**(V) Beans & Brown rice^Tossed saladTortilla\* Fresh fruit | **25**Closed for Christmas Day |
| **28**Chicken Alfredo with tri-color pasta(V) Tri-color pasta alfredoSaladFresh 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 saladFresh fruit  | **31**Chicken leg w/ buttermilk gravy(V) Picadillo^ Zucchini & yellow squashWhole 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* |

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