




October 2021 – Lunch




Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Age-appropriate milk must be served with lunch</i></p>	<p><i>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</i></p>			<p>1 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit</p>
<p>4 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit</p>	<p>5 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit</p>	<p>6 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Domino's Pizza Vegetable Fresh Fruit</p> </div> <p>7</p>	<p>8 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit</p>
<p>11</p> <div style="text-align: center;">  </div>	<p>12 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit</p>	<p>13 Dirty brown rice with beef, quinoa and farro* (V) Dirty brown rice^ Apple coleslaw Fresh fruit</p>	<p>14 Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit</p>	<p>15 (V) Lasagna Tossed salad Fresh fruit</p>
<p>18 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit</p>	<p>19 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit</p>	<p>20 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit</p>	<p>21 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit</p>	<p>22 BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit</p>
<p>25 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit</p>	<p>26 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit</p>	<p>27 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit</p>	<p>28 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit</p>	<p>29 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit</p>

(V) Vegetarian meal
#Gluten free

*Whole grain
^Vegan



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	2 Domino's Pizza Vegetable Fresh Fruit	3 Chicken patty (V) Veggie nuggets Tuscan bean and garlic soup Whole wheat roll* Fresh fruit	4 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	5 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
8 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	9 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit	10 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	11 	12 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
15 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	16 (V) Lasagna Tossed salad Fresh fruit	17 Dirty brown rice with beef, quinoa and farro* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	18 Turkey meatloaf (V) French lentils w/ thyme^ Peas Whole wheat bread/butter* Fresh fruit	19 THANKSGIVING LUNCH Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit
22 Whole wheat ziti with chicken * (V) Lentil penne & tomato sauce w/ soy *#^ Grated cheese Tossed salad Fresh fruit	23 Chicken chili (V) Veg out chili^ Broccoli & cheese salad Whole wheat bread/butter* Fresh fruit	24 (V) Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	25 	26 
29 Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit	30 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit		<i>Age-appropriate milk must be served with lunch</i>	<i>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</i>

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December 2021 – 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 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit	2 Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit	3 (V) Whole wheat macaroni & cheese* Mixed vegetables Fresh fruit
6 Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit	7 Domino's Pizza Vegetable Fresh Fruit	8 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit	9 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit	10 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit
13 Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit	14 (V) Broccoli Quiche Peas Whole wheat bread/butter* Fresh fruit	15 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit	16 Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit	17 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit
20 Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit	21 Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit	22 Dirty brown rice with beef, quinoa and farro* (V) Dirty brown rice^ Apple coleslaw Fresh fruit	23 (V) Lasagna Tossed salad Fresh fruit	24 
27 	28 	29 	30 	31 

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