

Menu Subject to Change				
Monday	Tuesday	Wednesday	Thursday	Friday
				1-Oct Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple VEGETARIAN: Cheese Quesadilla ALTERNATE: Turkey Club Sub
4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup VEGETARIAN: NONE ALTERNATE: Roast Turkey & Cheese Sandwich	BBQ Drumstick w/ Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana VEGETARIAN: Tofu w/ Sweet & Sour ALTERNATE: Chicken Cheddar Wrap	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup VEGETARIAN: Gardenburger w/ Veg Gravy ALTERNATE: Chicken Buffalo Wrap	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple VEGETARIAN: Vegetarian Taco Meat ALTERNATE: SW Chicken Wrap	Teriyaki Chicken Over Brown Rice Fresh Broccoli Fresh Orange VEGETARIAN: Teriyaki Tofu ALTERNATE: Turkey Club Sub
11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: Roast Turkey & Cheese Sandwich	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana VEGETARIAN: Gardenburger ALTERNATE: Chicken Cheddar Wrap	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC VEGETARIAN: Cheese Enchilada ALTERNATE: Chicken Buffalo Wrap	BBQ Chicken Sandwich Corn Fresh Orange VEGETARIAN: Lasagna Roll ALTERNATE: SW Chicken Wrap	Cheese Stuffed Breadstick w/ Marinara Fresh Carrots Fresh Apple VEGETARIAN: NONE ALTERNATE: Turkey Club Sub
18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
No School	No School	No School	No School	No School
25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple VEGETARIAN: Gardenburger ALTERNATE: Roast Turkey & Cheese Sandwich	French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Syrup PC VEGETARIAN: Omelette replaces Sausage ALTERNATE: Chicken Cheddar Wrap	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC VEGETARIAN: Gardenburger ALTERNATE: Chicken Buffalo Wrap	Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange VEGETARIAN: Cheesebread w/ Marinara ALTERNATE: SW Chicken Wrap	Buffalo Chicken on WG Bun Fresh Carrots Fresh Celery Sticks Fresh Apple VEGETARIAN: Cheese Quesadilla ALTERNATE: Turkey Club Sub

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.