



# Fall Lunch Menu }

september 2019  
october 2019  
november 2019

monday

tuesday

wednesday

thursday

friday

|  |   |   |  |   |
|--|---|---|--|---|
|  | <b>October 1, 2019</b><br>Penne Pasta Marinara<br>w/ Mozzarella Cheese<br>Broccoli<br>Cantaloupe                      | <b>October 2, 2019</b><br>Bean & Cheese Burrito<br>Cucumbers<br>Pineapple   | <b>October 3, 2019</b><br>Turkey Sausage Patty<br><i>Veggie Sausage Patty</i><br>French Toast<br>Green Beans<br>Fruit Salad  | <b>October 4, 2019</b><br>Chicken Nuggets<br><i>Veggie Nuggets</i><br>WG Bread<br>Mashed Potatoes<br>Apple Slices |
| <b>October 7, 2019</b><br>Ravioli with Marinara<br>Green Beans<br>Pear Slices  | <b>October 8, 2019</b><br>Asian BBQ Chicken<br><i>BBQ Tofu</i><br>Quinoa<br>Broccoli<br>Orange Slices                 | <b>October 9, 2019</b><br>Beef Burger<br><i>Southwest Veggie Burger</i><br>WG Bun<br>Glazed Carrots<br>Cantaloupe | <b>October 10, 2019</b><br>Turkey Bolognese<br><i>Penne Pasta Marinara</i><br>Cucumbers<br>Melon Salad                       | <b>October 11, 2019</b><br>Three Bean Chili<br>Cornbread<br>Cold Peas<br>Apple Slices                             |
| <b>October 14, 2019</b><br>Pizza Muffin w/Marinara<br>Green Beans<br>Pineapple                                       | <b>October 15, 2019</b><br>Teriyaki Chicken<br><i>Teriyaki Tofu</i><br>Brown Rice<br>Broccoli<br>Cantaloupe           | <b>October 16, 2019</b><br>Creamy mac n cheese<br>Cucumbers<br>Orange Slices                                      | <b>October 17, 2019</b><br>Mediterranean Meatballs<br><i>Veggie "Meat"balls</i><br>Pita<br>Glazed Carrots<br>Fruit Salad     | <b>October 18, 2019</b><br>Fish Tenders<br><i>Veggie Nuggets</i><br>WG Bread<br>Cold Peas<br>Applesauce           |
| <b>October 21, 2019</b><br>Apple Curry Chicken<br><i>Apple Curry Tofu</i><br>Pita<br>Glazed Carrots<br>Orange Slices | <b>October 22, 2019</b><br>Farfalle Pasta w/<br>Tomato Cream Sauce<br>and Mozzarella Cheese<br>Broccoli<br>Cantaloupe | <b>October 23, 2019</b><br>Turkey Sloppy Joe<br><i>Boca Sloppy Joe</i><br>WG Bun<br>Cucumber Slices<br>Pineapple  | <b>October 24, 2019</b><br>Hawaiian Chicken<br><i>Hawaiian Tofu</i><br>Brown Rice<br>Green Beans<br>Melon Salad              | <b>October 25, 2019</b><br>Southwest Veggie Burger<br>WG Bun<br>Roasted Sweet Potatoes<br>Pear Slices             |
| <b>October 28, 2019</b><br>Turkey Taco<br><i>Boca Taco</i><br>Flour Torilla<br>Peas & Carrots<br>Orange Slices       | <b>October 29, 2019</b><br>Penne Pasta Marinara<br>w/ Mozzarella Cheese<br>Broccoli<br>Cantaloupe                     | <b>October 30, 2019</b><br>Bean & Cheese Burrito<br>Cucumbers<br>Pineapple  | <b>October 31, 2019</b><br>Turkey Sausage Patty<br><i>Veggie Sausage Patty</i><br>French Toast<br>Green Beans<br>Fruit Salad |   |

