

V=Vegetarian, Snack, WG=Whole Grain

Milk, fruit and vegetables are served with lunch. Lunches are prepared homestyle daily using the freshest ingredients possible. Whole grain and organic when available.

Mon	Tue	Wed	Thu	Fri
2 <u>Pretzels</u> V Red Beans with Rice Fruit/Vegetable	3 <u>WG Cereal</u> V Egg Tacos <u>WG Cracker</u>	4 <u>WG Cracker</u> V Macaroni & Cheese <u>Goldfish</u>	5 <u>Pretzels</u> Turkey and Rice <u>WG Cereal</u>	6 <u>Fruit/Vegetable</u> V Tomato Sauce with Mozzarella Pizza <u>Goldfish</u>
9 <u>Pretzels</u> V Lentils with Sautéed Raisins and Rice Fruit/Vegetable	10 <u>WG Cracker</u> Chicken Nuggets and Garlic Bread <u>WG Cereal</u>	11 <u>Goldfish</u> V Alfredo Sauce with Pasta <u>WG Cracker</u>	12 <u>WG Cereal</u> Turkey Tacos <u>Pretzels</u>	13 <u>Fruit/Vegetable</u> V Cheese Pizza <u>Goldfish</u>
16 <u>Pretzels</u> V Loubiya Polo Fruit/Vegetable	17 <u>WG Cereal</u> V Egg Sandwich <u>WG Cracker</u>	18 <u>WG Cracker</u> V Bagels with Almond Butter <u>Goldfish</u>	19 <u>Pretzels</u> Pasta with Turkey & Marinara Sauce <u>WG Cereal</u>	20 <u>Fruit/Vegetable</u> V Tomato Sauce with Mozzarella Pizza <u>Goldfish</u>
23 <u>Pretzels</u> V Black-eyed Peas & Rice Fruit/Vegetable	24 <u>WG Cracker</u> Chicken Noodle Soup <u>WG Cereal</u>	25 <u>Goldfish</u> V Peanut Butter and Jelly Sandwich <u>WG Cracker</u>	26 <u>WG Cereal</u> Turkey Kabob Sub <u>Pretzels</u>	27 <u>Fruit/Vegetable</u> V Cheese Pizza <u>Goldfish</u>
30 <u>Pretzels</u> V Lima Beans and Cilantro Fruit/Vegetable	31 <u>WG Cereal</u> V Eggs with Rice <u>WG Cracker</u>	<p><b>OPEN HOUSE OCT 22</b></p> 		<p><b>Vision &amp; Hearing Screenings OCT 24</b></p>