

October Lunch Menu 2018



Monday

1. Turkey Pot Roast over buttered noodles
Green baby peas
Whole wheat bread **WG**
Fresh fruit

8. **Columbus Day Holiday**
CDC Closed

15. Whole wheat pasta w/ marinara sauce **WG**
Italian garlicky green beans
Bread sticks
Fresh fruits

22. Organic Harvest Soup **VG O**
Turkey w/ cranberry & grated apple on whole wheat **WG**
Fresh fruit

29. Gluten free chicken strips **GF**
Succotash
Whole wheat bread **WG**
Fresh fruit

Tuesday

2. Chicken pot pie **LS**
Spinach salad w/ mandarin oranges and strawberries w/ vinaigrette **VG**
Fresh fruit

9. Roasted red pepper & gouda soup
Chicken salad on croissant
Fresh fruit

16. Chicken alfredo
French bread pizza **WG**
Romaine salad w/ cherry tomatoes **VG**
Italian flag fruit cup (strawberries, kiwis, apples)

23. Macaroni & 3 cheeses
Garlicky green beans **LP**
Whole wheat bread **WG**
Fresh fruit

30. Pot luck lunch
Children's choice

Wednesday

3. Monte Cristo waffle biscuit
Raw cauliflower w/ ranch dip
Roasted butternut squash **VG**
Fresh pineapple

10. Sloppy Joe **LF GF**
Carrot Coins
Fresh Fruit

17. Turkey meat loaf w/ low sodium gravy **LS**
Mashed potatoes
Spinach
Whole wheat bread **WG**
Fresh fruit

24. Baked chicken leg w/ fresh herbs
Sautéed cabbage **LP**
Whole wheat bread **WG**
Fresh fruit

31. Happy Halloween!
Jack O Lantern Quesadilla
Pumpkin bisque **GF**
Mini rainbow carrots
Pumpkin pie mousse w/ ginger snaps

Thursday

4. Chicken Nuggets
Peas & carrots
Whole wheat bread **WG**
Fresh fruit

11. Margherita meatball sub w/ additional marinara sauce for dipping
Roasted zucchini spears **VG**
Fresh fruit

18. Chicken and rice
Chilled beets
Whole wheat bread **WG**
Fresh fruit

25. Swiss steak w/ low sodium gravy **LS**
Broccoli **O**
Rice
Whole wheat bread **WG**
Fresh fruit

Friday

5. Breakfast for Lunch!
French toast sticks /warm maple syrup **WG**
Turkey links
Fresh fruit

12. Cheese pizza on cauliflower crust **GF**
Artisan salad w/ dressing **VG**
Fresh fruit

19. Fish sticks
Mixed vegetables
Whole wheat bread **WG**
Fresh fruit

26. Greek Tuna Boat
Spring mix salad w/broccoli florets & carrots
Watermelon chunks

Key:

GF: Gluten Free **DF:** Dairy Free **VN:** Vegan **O:** Organic **VG:** Vegetarian **LF:** Low Fat **WG:** Whole Grain **LS:** Low Sodium **LP:** Local Produce



October Snack Menu 2018



AM

Monday

Mini bagel w/ pumpkin
cream cheese
Orange juice

Tuesday

Multi grain cheerios **WG**
Milk

Wednesday

Bunny grahams
Banana

Thursday

Hard boiled eggs
Cheddar cheese

Friday

Vanilla yogurt **O**
Pineapple tidbits



Cheddar bunnies
Mini carrot sticks

Frozen banana
Yogurt bites

PM



Apple cheddar turkey roll
Cranberry juice

Fresh vegetables (carrots,
peppers, zucchini,
cucumber)
Avocado dip

Pear slices
String cheese