

October

2017

Calendar Month

Calendar Year

Monday	Tuesday	Wednesday	Thursday	Friday
02 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Banana Milk	03 Oatmeal w/ toppings ¹ Honeydew Milk	04 Banana muffin ¹²³ Low fat yogurt ¹ Watermelon Milk	05 Whole wheat cheerios Cantaloupe Milk	06 Hard Boiled Eggs ² Whole wheat bread ³⁶ Pineapple Milk
09 Closed	10 Scrambled eggs w/ Swiss Chard ² Whole wheat bread ³⁶ Banana Milk	11 Oatmeal w/ toppings ¹ Pineapple Milk	12 Whole wheat cheerios Honeydew Milk	13 Closed
16 Chilaquiles ² Whole wheat bread ³⁶ Banana Milk	17 Oatmeal w/ toppings ¹ Pineapple Milk	18 Zucchini muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk	19 Whole wheat cheerios Honeydew Milk	20 Closed
23 Turkey Sausage Whole grain waffle ³ Banana Milk	24 Oatmeal w/ toppings ¹ Honeydew Milk	25 Carrot muffin ¹²³ Low fat yogurt ¹ Cantaloupe Milk	26 Whole wheat cheerios Honeydew Milk	27 Hard Boiled Eggs ² Whole wheat roll ³ Pineapple Milk
30 Scrambled eggs w/peppers ² Whole wheat bread ³⁶ Banana Milk	31 Oatmeal w/ toppings ¹ Pineapple Milk			

Notes: This menu is subject to change. **Green:** Local

¹Dairy, ²Egg, ³Gluten, ⁴Seafood, ⁵Beans, ⁶Soy, ⁷Lentils

BREAKFAST

October

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Monday	Tuesday	Wednesday	Thursday	Friday
02 Enchiladas ¹⁵ Tomatoes Strawberries Milk	03 Hungarian Cabbage Barley ³ /Quinoa Pear Milk	04 Paella Green Salad Banana Milk	05 Chow Mein w/ tofu ⁶ Whole wheat pasta ³ Green Salad Orange Milk	06 Hawaiian Chicken Whole wheat tortilla ¹²³ Carrots Apple Milk
09 Closed	10 Penne Pasta with Chicken and Broccoli ³ Orange Milk	11 Lentil Sweet potato Stew ⁷ Cheese Sandwich ¹³ Strawberries Milk	12 International Day	13 Closed
16 Special Tacos ⁶ Green Salad Strawberries Milk	17 BBQ Chicken Legs Whole wheat roll ³ Corn with peppers Watermelon Milk	18 Fried rice with Fish ⁴ Broccoli Pear Milk	19 Mac&Cheese Casserole ¹³ Green Beans Apple Milk	20 Closed
23 Bolognese ⁷ Whole wheat pasta ³ Green Salad Pear Milk	24 Chicken Stir Fry w/ carrots Brown rice Banana Milk	25 Beef Tacos Broccoli Watermelon Milk	26 Pumpkin Soup Grilled cheese sandwich ¹³ Green Salad Orange Milk	27 Tuna Pasta Salad ¹⁴³ Carrots Apple Milk
30 Black Beans ⁵ Brown rice Sweet potato Banana Milk	31 Chicken Stew Barley/Quinoa ³ Green Beans Apple Milk			

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LUNCH



International Food Day: On October 12th will prepare a traditional dish from Nepal! Nepal is located in Asia, bordering India and China. Popular ingredients in Nepal include lentils, potatoes, rice, and yogurt.