October 2021

***If you do not wish for your child to have the lunch served at***

***school, please pack a labeled lunch.***

VG-Vegetarian

EF-Egg Free

DF-Dairy Free

GF-Gluten Free

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- |
| 10 | 11  Organic Apple  Spice Waffles  Organic Mixed  Vegetables  VG  S | 12  Fall Harvest  Salad: kale & quinoa with butternut squash, apples, cranberries & vinaigrette  VG, EF, GF,  DF option  N | 13  BBQ pulled pork sandwiches with fresh organic green beans & organic oranges  L | 14  Chicken Tortilla Soup Bananas  N | 15  Organic Chicken Flautas  Sour cream &  salsa  Grapes  Peas  A | 16 |
| 17 | 18  Broccoli Cheddar Soup  Strawberries  VG, GF, EF  A | 19  Cranberry Orange Veggie Muffins  Vegan Sausage  Bananas & Low  Sugar Chobani  Yogurt  DF – option, GF, VG, EF  A | 20  Vegetable  Minestrone  Soup  Garlic bread  Apples  VG, DF, GF  N | 21  Vegetarian Bean Burritos  Tangerines  Carrots  VG, DF option  N | 22  NO SCHOOL | 23 |
| 24 | 25  Organic Broccoli Brown Rice Casserole  Organic oranges, VG  N | 26  Organic Chicken & Vegetable Pot Pie  Strawberries  VG option, EG  N | 27  Gyro Meat  Hummus &  Tzatziki  Tomatoes &  Cucumbers  Naan Bread  Grapes  DF option, VG  option  A | 28  Organic Pork  Sausage  Pancake  Casserole with baked apples, steamed mixed vegetables  VG option  N | 29  Organic Chicken Noodle Soup  Apples with  lemon and  vanilla  DF, EF, GF  A | 30 |
| 31 |  |  |  |  |  |  |