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 optionN | 13 BBQ pulled pork sandwiches with fresh organic green beans & organic oranges L | 14 Chicken Tortilla SoupBananasN | 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 TangerinesCarrots 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 vegetablesVG optionN | 29 Organic Chicken Noodle Soup Apples with lemon and vanilla DF, EF, GF A | 30 |
| 31 |  |  |  |  |  |  |