

October 2019 - Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cheese quesadilla Hummus w/ beets, cucumbers & carrots Brownie	1 Build your own turkey croissant sandwich Lettuce, tomato & avocado Bananas	2 Creamy Bow Tie pasta Broccoli and cherry tomatoes Roll Citrus tray	3 Grilled chicken tenders, corn on a cob and mashed potato Seasonal fruit tray	4 Pizza Pineapple
7 Chicken Enchiladas, cheese, lettuce, Black bean salad, Citrus tray	8 Ham, egg and cheese breakfast sliders, diced potato Seasonal fruit tray	9 Zucchini noodles. meatballs Steamed vegetables Garlic bread Honeydew	10 Butter squash Mac & cheese Roasted vegetables Garlic bread Apples	11 Pizza Clementines
14 NO SCHOOL Columbus Day	15 Penne al forno w/ tomato sauce Grilled vegetables Rolls Apple Sauce	16 Chicken teriyaki Cauliflower rice Vegetables Cantaloupe	17 Turkey pinwheels Pickles Steam veggies Citrus tray	18 Pizza Grapes
21 Butter squash Mac & cheese Roasted vegetables Garlic bread Apples	22 Mashed sweet potato Green beans Baked pesto chicken strips Banana bread pudding	23 Build your own burrito w/ eggs & potatoes, cheese, and smashed beans Fruit salad	24 Creamy Bow Tie pasta Broccoli and cherry tomatoes Roll Seasonal fruit tray	25 Pizza Seasonal Fruit bowl
28 Penne al forno w/ tomato sauce Grilled vegetables Rolls Apple Sauce	29 Build your own shredded chicken soft taco w/ cheese Black bean salad Spanish Rice Pineapple	30 Cheese quesadilla Hummus w/ beets, cucumbers & carrots Berries chia pudding	31 French toast strips w/ syrup Scrambled eggs Turkey bacon Bananas	1 Pizza Apples

*A mid-morning snack and a PM extended care snack (for those enrolled) are provided.

What's growing?

The Earth connections activities enable students to learn about gardening, the environment, and are an excellent tool for experiential learning in food and nutrition education. All the while the students develop practical life skills and engage in physical activity.

This month we are growing: Garlic, basil, mint, parsley, turmeric, sweet peas, fall tomatoes, beets and carrots. With these activities our mission is to empower children to become active participants in their food choices.

FUN FACT: Every meal is prepared with fresh ingredients, cooked and beautifully plated, right here on campus!



Our focus is to offer nutritious, high quality meals in an atmosphere that is both peaceful and independent - A truly unique dining experience.

-Chef Liz