

Fall Lunch Menu } }

september
october
november

monday	tuesday	wednesday	thursday	friday
October 1, 2018 Southwest Veggie Burger Glazed Carrots Pear Slices Sour Cream Whole Grain Bun	October 2, 2018 Pizza Muffins w/ Marinara Broccoli Cantaloupe	October 3, 2018 Turkey Sloppy Joes <i>Boca Sloppy Joes</i> Peas & Carrots Pineapple Whole Grain Bun	October 4, 2018 Hawaiian Chicken Thigh <i>Hawaiian Tofu</i> Sweet Potatoes Melon Salad Whole Grain Bread	October 5, 2018 Tortellini w/ Marinara Green Beans Apple Slices
October 8, 2018 Turkey Tacos <i>Boca Tacos</i> Gold Peas Orange Slices Flour Tortilla Salsa	October 9, 2018 Penne Pasta w/ Marinara and Mozzarella Cheese Broccoli Cantaloupe	October 10, 2018 Bean & Cheese Burrito Cucumber Slices Pineapple	October 11, 2018 Turkey Sausage Patties <i>Veggie Sausage Patties</i> French Toast Glazed Carrots Fruit Salad	October 12, 2018 Chicken Nuggets <i>Veggie Nuggets</i> Mashed Potatoes Apple Slices Ketchup Whole Grain Bread
October 15, 2018 Ravioli w/ Marinara Sauce Green Beans Pear Slices	October 16, 2018 Asian BBQ Chicken <i>Asian BBQ Tofu</i> Broccoli Cantaloupe Brown Rice	October 17, 2018 Vegetarian Chili w/ Cheddar Cheese Cucumber Slices Orange Slices Whole Grain Roll	October 18, 2018 Beef Burger <i>Veggie Burger</i> Roasted Potatoes Melon Salad Ketchup Whole Grain Bun	October 19, 2018 Turkey Bolognese w/ Penne Pasta <i>Penne Pasta w/ Marinara and Mozzarella</i> Cold Peas Apple Slices
October 22, 2018 Bowtie Pasta with Tomato Cream Sauce Green Beans Pineapple	October 23, 2018 Chicken Teriyaki <i>Tofu Teriyaki</i> Broccoli Cantaloupe Brown Rice	October 24, 2018 Creamy Mac n Cheese Cucumber Slices Orange Slices	October 25, 2018 Mediterranean Meatballs <i>Veggie Burger</i> Glazed Carrots Fruit Salad Sumac Sauce Pita	October 26, 2018 Fish Tenders <i>Veggie Nuggets</i> Cold Peas Applesauce Ketchup Whole Grain Bread
October 29, 2018 Southwest Veggie Burger Glazed Carrots Pear Slices Sour Cream Whole Grain Bun	October 30, 2018 Pizza Muffins w/ Marinara Broccoli Cantaloupe	October 31, 2018 Turkey Sloppy Joes <i>Boca Sloppy Joes</i> Peas & Carrots Pineapple Whole Grain Bun		

urban gorilla
farm