

# Fall Lunch Menu } } september 2017 october 2017 november 2017

monday

tuesday

wednesday

thursday

friday

**October 2, 2017**

Chicken Alfredo  
*Tofu Alfredo*  
Broccoli  
Pear Slices  
Pita Bread

**October 3, 2017**

Farfalle w/  
Tomato Cream Sauce &  
Mozzarella  
Cucumber  
Honeydew

**October 4, 2017**

Lemon Chicken  
*Lemon Tofu*  
Peas  
Fruit Salad  
Whole Grain Bread

**October 5, 2017**

Turkey Sausage Patties  
*Veggie "Sausage" Patties*  
Roasted Potatoes  
Pineapple  
French Toast

**October 6, 2017**

Cheesy Pizza Muffins  
Glazed Carrots  
Appleberry Sauce

**October 9, 2017**

Asian BBQ Chicken  
*Asian BBQ Tofu*  
Broccoli  
Apple Slices  
Quinoa

**October 10, 2017**

Beef Burger  
*Veggie Burger*  
Roasted Potatoes  
Orange Slices  
Whole Grain Bun

**October 11, 2017**

Turkey Pot Pie  
*Tofu Pot Pie*  
Green Beans  
Cantaloupe  
Whole Grain Biscuit

**October 12, 2017**

Fiesta Burrito  
Cucumber  
Pineapple

**October 13, 2017**

Chicken Nuggets  
*Veggie Nuggets*  
Peas  
Applesauce  
Whole Grain Bread

**October 16, 2017**

Turkey Meatloaf  
*Vegetarian "Meat"loaf*  
Green Beans  
Pear Slices  
Whole Grain Bread

**October 17, 2017**

Orange Chicken  
*Orange Tofu*  
Roasted Butternut Squash  
Pineapple Chunks  
Whole Grain Bread

**October 18, 2017**

Beef Sloppy Joes  
*Boca Sloppy Joe*  
Mashed Potatoes  
Apple Slices  
Whole Grain Bun

**October 19, 2017**

Creamy Mac N  
Cheese  
Broccoli  
Cantaloupe

**October 20, 2017**

Mediterranean Turkey  
Meatballs  
*Veggie Burger*  
Peas  
Orange Slices  
Whole Grain Bread

**October 23, 2017**

Chicken Stir Fry  
*Tofu Stir Fry*  
Peas & Carrots  
Apple Slices  
Brown Rice

**October 24, 2017**

Penne Pasta Marinara  
w/ Mozzarella  
Broccoli  
Fruit Salad

**October 25, 2017**

Roasted Turkey w/ Gravy  
*Roasted Tofurkey*  
Mashed Sweet Potatoes  
Pineapple  
Whole Grain Roll

**October 26, 2017**

Beef Tacos  
*Boca Tacos*  
Refried Beans  
Honeydew  
Flour Tortilla

**October 27, 2017**

Fish Tenders  
*Veggie Nuggets*  
Green Beans  
Applesauce  
Whole Grain Bread

**October 30, 2017**

Chicken Alfredo  
*Tofu Alfredo*  
Broccoli  
Pear Slices  
Pita Bread

**October 31, 2017**

Farfalle w/  
Tomato Cream Sauce &  
Mozzarella  
Cucumber  
Honeydew