



**GOURMET  
GORILLA**

# FALL LUNCH MENU

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Monday, September 29  Beef Sloppy Joe <i>Vegetarian Sloppy Joe</i> WG Hamburger Bun Green Beans Applesauce	Tuesday, September 30  Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, October 1  Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Steamed Carrots Pineapple	Thursday, October 2  Penne Pasta w/Turkey Bolognese Sauce <i>Penne Pasta w/Veggie Bolognese Sauce</i> Steamed Peas Fruit Salad CH	Friday, October 3  Pizza Muffin Marinara Sauce Cauliflower Orange Slices
Monday, October 6  Ravioli w/Marinara Sauce Mozzarella Cheese Garlic Green Beans Apple Slices	Tuesday, October 7  Zesty BBQ Chicken <i>Zesty BBQ Tofu</i> Brown Rice Steamed Peas Pear Slices	Wednesday, October 8  Riso al Forno <i>Greek Tomato Lentils w/Brown Rice</i> Broccoli Pineapple	Thursday, October 9  Turkey Sausage Patties <i>Veggie Sausage Patties</i> WG Pancake Cucumber Slices Melon Mixed Berry Compote	Friday, October 10  Chicken Tinga <i>Veggie Taco "Meat"</i> Flour Tortilla Red Pepper Strips Orange Slices Salsa
Monday, October 13  WG Chicken Patty <i>Veggie Burger</i> WG Hamburger Bun Green Beans Pearsauce Ketchup	Tuesday, October 14  Rotini w/Tomato Cream Sauce Mozzarella Cheese Squash Medley Apple Slices	Wednesday, October 15  Turkey Chili <i>Three Bean Chili</i> Cornbread Roasted Potatoes Melon Shredded Cheddar Cheese	Thursday, October 16  Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Broccoli Fruit Salad CP Ketchup	Friday, October 17  Tortellini w/Marinara Sauce Mozzarella Cheese Steamed Carrots Applesauce
Monday, October 20  Sweet & Savory Meatballs <i>Sweet &amp; Savory Tofu</i> Brown Rice Squash Medley Apple Slices	Tuesday, October 21  Penne w/Tomato Cream Sauce Mozzarella Cheese Green Beans Pear Slices	Wednesday, October 22  Turkey Meatloaf <i>Veggie Meatloaf</i> WG Bread Mashed Potatoes Fruit Salad HP Gravy	Thursday, October 23  Pizza Bread Marinara Sauce Broccoli Pineapple	Friday, October 24  Savory Hoisin-Glazed Chicken <i>Savory Hoisin-Glazed Tofu</i> (Not So) Fried Rice Red Pepper Strips Orange Slices
Monday, October 27  Beef Sloppy Joe <i>Vegetarian Sloppy Joe</i> WG Hamburger Bun Green Beans Applesauce	Tuesday, October 28  Creamy Mac & Cheese Broccoli Pear Slices	Wednesday, October 29  Bell & Evans Chicken Nuggets <i>GF/DF/EF Veggie Nuggets</i> WG Bread Steamed Carrots Pineapple Ketchup	Thursday, October 30  Penne Pasta w/Turkey Bolognese Sauce <i>Penne Pasta w/Veggie Bolognese Sauce</i> Steamed Peas Fruit Salad CH	Friday, October 31  Pizza Muffin Marinara Sauce Cauliflower Orange Slices

WG= Whole Grain

CHP-= Cantaloupe, Honeydew, Pineapple

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