



Lunch Menu

October 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



October 12

Fish Sandwich
or Baked Tilapia
Sweet Corn
(v) Quinoa & Veggies
Pasta & Sauce



October 13

Chicken Fajitas with
Toppings
Black Beans
(v) Veggie Fajitas
Pasta & Sauce



October 14

Chicken Pot Pie
Tossed Salad with
Ranch Dressing

Pasta & Sauce



October 15

Baked Pizza Pasta
pepperoni or sausage
Fresh Tossed
Greek Salad
(v) Cheese Pizza Pasta



October 16

BBQ Chicken
Cornbread
Homemade Coleslaw
(v) Spinach Artichoke Dip
with Pita Bread
Pasta & Sauce

October 19

Breaded Cheese Ravioli
with Roasted Red Pepper
Sauce
Oven Roasted Broccoli
(v) Stuffed Zucchini

October 20

Breakfast Sandwich
Hash Brown Triangle
(v) Vegetarian Breakfast
Sandwich
Pasta & Sauce

October 21

**CHEF'S CHOICE
Entrée & Sides**

Have a nice
Fall Break!

October 22

NO SCHOOL

Fall Break

October 23

NO SCHOOL

Fall Break

October 26

Chicken & Waffles
Warm Cinnamon Apples
(v) Quiche

Pasta & Sauce

October 27

Philly Cheesesteak
Sandwich
Grilled Onions & Peppers
Sweet Potato Fries
Roasted Eggplant Sub
Pasta & Sauce

October 28

Chili Cheese Fries
with Toppings
Fresh Tossed Garden
Salad
Pasta & Sauce

October 29

Pasta with Choice of
Marinara or Alfredo Sauce
with Breadstick

Fresh Green Beans

October 30

Meatball Sub Sandwich
Fresh Caesar Salad
(v) Spaghetti Squash &
Sauce
Pasta & Sauce

November 2

Chicken Bites
Mashed Potatoes &
Country Gravy / Corn
(v) Stuffed Portobello
Pasta & Sauce

November 3

Soft Tacos with
Toppings
Refried Beans / Rice
(v) Vegetarian Tacos
Pasta & Sauce

November 4

**CHEF'S CHOICE
Entrée & Sides**

November 5

Grilled Cheese Sandwich
Homemade Tomato Soup
Fresh Carrot Sticks

Pasta & Sauce

November 6

Chicken Alfredo Pasta
Fresh Green Beans
(v) Vegetable Alfredo
Pasta



Burgers, Chicken Sandwiches, BOSCO
Sticks, Fries and more EVERY DAY!!



Choose your bread, meat, cheese, and
toppings and have a sandwich made your
way!!



Homemade Pizza EVERY DAY – make a
request and we will be glad to try a new
topping combination!



FRESH, FRESH, FRESH lettuce, spinach,
toppings, and dressing.