



OCTOBER 2021 MENU

Pre-K Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of October 4	Chicken Nugget Mashed Potato Bowl w/ Gravy Egg, Cheese & Cracker Kit (V) Mashed Potatoes Orange Slices	Spaghetti w/ Beef Marinara Sauce Black Bean Burger (V) Fresh Broccoli Apple Slices	Egg Fried Rice (V) w/ Breadstick Cucumber Slices Banana	Roasted Butternut Squash & Black Bean Chili (V) w/ Breadstick Apple Slices	Cheese Pizza (V) Side Salad Orange Slices
Week of October 11	 No school	Chicken Patty Waffle Sandwich Grilled Cheese Sandwich (V) Emoji Potatoes Banana	Hamburger Veggie Cheese Sub w/ Garlic Mayo Butternut Squash (L) Orange Slices	Bean Dip w/ Crackers Fresh Broccoli  Apple Slices	Jerk Chicken Tacos or Lentil Tacos (V) Refried Beans Orange Slices
Week of October 18	Chicken Tenders w/ Creamy Greek Dip Egg, Cheese & Cracker Kit (V) Cucumber Salad Orange Slices	Cheeseburger Meatloaf w/ Breadsticks Grilled Cheese Sandwich (V) Seasoned Corn Apple Slices	Beef or Bean (V) Roasted Butternut Squash Burrito Bowl w/ Breadstick Seasoned Rice Banana	Spicy Lentil Sloppy Joe (V) Diced Celery Orange Slices	Cheese Pizza Crunchers (V) w/ Marinara Sauce Side Salad Apple Slices
Week of October 25	Hamburger Egg Salad Sandwich (V) Campfire Beans Orange Slices	Chicken or Bean (V) Quesadilla w/ Salsa Confetti Corn Salad Apple Slices	Chicken Nuggets Veggie Cheese Sub (V) Side Salad Banana	Vegetarian Shepherd's Pie w/ Mashed Potatoes & Breadstick Apple Slices	Cheese Pizza (V) Diced Celery Orange Slices