


October



Monday, October 1st	Tuesday, October 2nd	Wednesday, October 3rd	Thursday, October 4th	Friday, October 5th
Grilled chicken teriyaki served with brown rice and a mixed of steamed veggies.	Beefaroni (elbow pasta with lean ground beef) served with steamed organic broccoli. Fresh seasonal fruit for dessert.	All beef meatballs served with brown rice and steamed veggies. Fresh fruit for dessert,	Baked Chicken tenders served with sweet mashed potatoes, veggies and Fresh fruit for dessert	Grilled chicken served with brown rice and black beans.
Monday, October 8th	Tuesday, October 9th	Wednesday, October 10th	Thursday, October 11th	Friday, October 12th
Seasoned ground beef served with brown rice and mixed veggies. Fresh fruit for dessert.	Cheese filled Ravioli, with cherry tomatoes, served with organic broccoli. Local fresh fruit for dessert.	Homemade meatloaf, served with mashed potatoes and a side of steamed carrots. Fresh Fruit for dessert.	Baked Fish Fingers with sweet potatoes fries (baked) and jello for dessert.	Arroz con Pollo (made with saffron rice and all natural chicken breast) Side of baked sweet plantains. Pudding for dessert.
Monday, October 15th	Tuesday, October 16th	Wednesday, October 17th	Thursday, October 18th	Friday, October 19th
Chicken Parmesan served with penne pasta. Apple sauce for dessert.	Pasta, served with marinara sauce, topped with mozzarella cheese. Local fresh fruit for dessert.	Turkey Meatballs served with yellow rice and a side of steamed carrots. Fresh fruit for dessert,	Baked Chicken tenders served with sweet mashed potatoes, veggies and Fresh fruit for dessert	 Teacher Planning Day Camp Available
Monday, October 22nd	Tuesday, October 23rd	Wednesday, October 24th	Thursday, October 25th	Friday, October 26th
Turkey Picadillo served with mashed potatoes and a side of steamed veggies. Apple sauce for dessert	Macaroni and cheese. Broccoli and a breadstick on a side and fruit for dessert.	Grilled barbecue chicken breast, served with brown rice and sautéed veggies. Fresh fruit for dessert.	Beef meatballs served with brown rice and vegetables. Fruit salad for dessert.	Thin crust cheese pizza. Served with sautéed carrots. Fruits for dessert.
Monday, October 29th	Tuesday, October 30th	Wednesday, October 31st		
Grilled Chicken served with brown rice and a side of mixed veggies.	Pasta served with a light Alfredo Sauce served with steamed broccoli. Fresh fruit for dessert.	Arroz con Pollo (made with saffron rice and all natural chicken breast) Side of baked sweet plantains. Pudding for dessert.		