

October LUNCH MENU*

Monday	Tuesday	Wednesday	Thursday	Frid <i>a</i> y
	Slíced Turkey Sweet Potato Fríes Sweet Peas Fresh Fruít	2 Chícken Fajítas § Guacamole Banana Bread	NO SCHOOL	Ríce & Beans Fresh Fruít
F Spínach Raviolí W/Alfredo Sauce Green Salad Fresh Fruít	8 Grilled Fish Roasted Potatos Roasted Green Beans Jell-O	9 Pízza § Yogurt	Butternut Squash Soup W/Wheat Rolls Fresh Fruit	11 Lomo Saltado W/Ríce Fresh Fruít
Farfalle W/ Marinara Sauce Cucumber Salad Fresh Fruit	15 Veggie & letter Soup W/Wheat Rolls Fresh Fruit	16 Quesadíllas W/ Tortílla chíps § Guacamole Corn Bread	17 BBQ Chícken W/Roasted Red Potatoes Carrot Salad Fresh Fruít	18 Lentíls & Ríce Fresh Fruít
Penne Pasta W/ Pesto Mixed Salad Fresh Fruit	Meatballs w/ Tomato Sauce Cous Cous § Buttered Broccolí Fresh Fruít	23 Pízza g Yogurt	Chicken Stroganoff W/Noodles Vegetables Fresh Fruit	25 Pulled Pork Coleslaw Sweet Plantains Fresh Fruit
28 Macaroni W/Carbonara Sauce Green Salad Fresh Fruit	Cheese Quiche Tomato Salad Fresh Fruit	30 Chícken Fajítas g Guacamole Fresh Fruít	31 Orange Chicken W/Jasmin Rice Spring Salad Fresh Fruit	

*Subject to change