

October

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Corn Bisque Moroccan Vegan Meatballs Cauliflower Couscous	2 SCHOOL CLOSED
5 Three Bean Soup Impossible Burgers Sauteed String Beans Crispy Potato Rounds	6 Mediterranean Lentil Soup Stuffed Shell Pastas Swiss Chard and Spinach Garlic Bread	7 Squash and Tomato Soup Salmon with Chimichurri Grilled Squash Herbed Couscous	8 Cream of Broccoli Chickpea Falafel Roasted Carrots Lemon Herb Infused Rice	9 Tomato Soup Grilled Cheese Sandwich Broccoli Vegetable Frittata
12 Carrot and Ginger Soup General Tso's Tofu Greens with Ginger and Garlic Jasmine Rice	13 Sweet Potato Soup Baked Ziti Zucchini and Carrots Garlic Focaccia	14 Southwest Corn and Vegetable Soup Enchilada Casserole Sweet Plantains Parsley Rice	15 Lentil Soup Lemon and Herb Flounder Sauteed Broccoli Roasted Potato Wedges	16 Vegetable Noodle Soup Tomato, Mozzarella, and Pesto Panini Vegetable Medley Chickpea Stew
19 White Bean and Kale Soup "Chicken" Tenders String Beans Tater Tots	20 Roasted Red Pepper Soup Macaroni and Cheese Sauteed Broccoli Corn Bread	21 Potato Leek Soup Vegan "Beef" Tacos Squash Medley Red Beans and Rice	22 Zucchini Bisque BBQ Salmon Cauliflower Roasted Potatoes	23 Cabbage and Kidney Bean Soup Black Bean and Sweet Potato Quesadillas Roasted Corn and Peppers Fiesta Rice
26 Yellow Split Pea Soup Tortellini with Marinara Roasted Carrots Garlic Bread	27 Vegetable Noodle Soup Crispy Breaded Flounder Broccoli Rice Pilaf	28 Chickpea and Swiss Chard Soup Veggie Swedish Meatballs Sauteed String Beans Egg Noodles	29 Lentil Soup Veggie Biscuit "Pot Pie" Cauliflower Roasted Sweet Potatoes	30 Cinnamon Maple Oatmeal French Toast Casserole Scrambled Eggs Homefries