

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>AM Snack: Whole grain french toast with organic maple syrup</p> <p>Lunch: Beef fried rice, roasted broccoli and cauliflower, Vegetarian: Vegetable fried rice, roasted broccoli and cauliflower Dessert: Fresh Cut Fruit Soup: Lentil soup</p> <p>PM Snack: Diced organic cheese with fresh diced pineapple</p>	<p>2</p> <p>AM Snack: Multigrain organic Cheese quesadillas</p> <p>Lunch: Three bean vegetable stew with potatoes, white rice, and green beans with carrots Vegetarian: Three bean stew with potatoes, white rice, and green beans with carrots Dessert: Fresh Cut Fruit Soup: Chicken and noodle</p> <p>PM Snack: Organic vanilla yogurt with acai</p>	<p>3</p> <p>AM Snack: Organic blueberry Muffin</p> <p>Lunch: Diced chicken, mash potato and cauliflower, with steamed peas Vegetarian: Lentil stir fry, mash potato and cauliflower, with steamed peas Dessert: Fresh Cut Fruit Soup: Cream of Beans</p> <p>PM Snack: Fresh cut fruit salad with chia seeds</p>	<p>4</p> <p>AM Snack: Homemade biscuit with jam</p> <p>Lunch: Ropa vieja with peppers and onions, white rice, and black beans Vegetarian: Spaghetti squash, white rice, and black beans Dessert: Fresh Cut Fruit Soup: Vegetable soup</p> <p>PM Snack: Organic strawberry yogurt with toasted organic oats</p>
<p>7</p> <p>AM Snack: Homemade organic corn bread</p> <p>Lunch: Orange chicken, white rice, and glazed carrots Vegetarian: orange tofu, white rice and glazed carrots Dessert: Fresh Cut Fruit Soup: Cream of broccoli</p> <p>PM Snack: Banana with organic honey crackers</p>	<p>8</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Ground turkey, refried beans with peppers and onions, yellow rice Vegetarian: ground lentils, refried beans with peppers and onions, and yellow rice Dessert: Fresh Cut Fruit Soup: Tomato bisque</p> <p>PM Snack: Naan bread with Strawberry cream cheese</p>	<p>9</p> <p>AM Snack: Organic egg and spinach frittata</p> <p>Lunch: Vegetable marinara, bowtie pasta, with white beans and peas Vegetarian: Vegetable Marinara, bowtie pasta, with white beans and peas Dessert: Fresh Cut Fruit Soup: creamy Chicken and rice</p> <p>PM Snack: Fresh cut apples and organic string cheese</p>	<p>10</p> <p>AM Snack: Organic blueberry muffin</p> <p>Lunch: Beef and bean chili, roasted potatoes, and roasted corn with butternut squash Vegetarian: Bean chili, roasted potatoes, and roasted corn with butternut squash Dessert: Fresh Cut Fruit Soup: Cream cabbage</p> <p>PM Snack: Egg salad with organic greek yogurt and whole grain bread</p>	<p>11</p> <p>AM Snack: fresh fruit smoothie</p> <p>Lunch: Popcorn chicken, potato puree, and steamed squash with asparagus Vegetarian: Tofu bites, potato puree, with steamed squash and asparagus Dessert: Fresh Cut Fruit Soup: Bean chili</p> <p>PM Snack: Clear jello with fresh diced fruit</p>

October 2024

<p style="text-align: center;">14</p> <p>AM Snack: Organic oat cereal with organic milk</p> <p>Lunch: Pulled mojo turkey, pilaf rice, with white bean and vegetable stew</p> <p>Vegetarian: white bean and vegetable stew with yellow rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of vegetable</p> <p>PM Snack: Fresh apples with organic honey crackers</p>	<p style="text-align: center;">15</p> <p>AM Snack: Cheese quesadilla on whole grain tortilla</p> <p>Lunch: Curry chicken and vegetable stew, white rice, and chickpeas</p> <p>Vegetarian: Curry chickpea and vegetable stew with white rice</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Organic vanilla yogurt with organic granola</p>	<p style="text-align: center;">16</p> <p>AM Snack: Baked apples with toasted organic honey oats</p> <p>Lunch: Three cheese mac and cheese, with a white bean and cucumber salad</p> <p>Vegetarian: Three cheese mac and cheese, with a white bean and cucumber salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken and potato</p> <p>PM Snack: Organic trail mix with yoggys (nut free)</p>	<p style="text-align: center;">17</p> <p>AM Snack: Organic whole pancake with organic maple syrup</p> <p>Lunch: Bbq chicken, potato puree, roasted cauliflower and broccoli</p> <p>Vegetarian: Bbq beans, potato puree, roasted cauliflower and broccoli</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of chickpea</p> <p>PM Snack: Fresh cut melon with diced mozzarella</p>	<p style="text-align: center;">18</p> <p>AM Snack: Organic whole grain toast with jam</p> <p>Lunch: Pulled beef and vegetables, arroz moro, and sweet plantains</p> <p>Vegetarian: Arroz moro and vegetables, with sweet plantain</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: cauliflower</p> <p>PM Snack: Organic strawberry yogurt and diced fruit</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">No School</p> <p style="text-align: center;">Teacher Planning Day</p>	<p style="text-align: center;">22</p> <p>AM Snack: Blueberry muffin</p> <p>Lunch: Meatballs with mash potato, and glazed carrots</p> <p>Vegetarian: vegetable meatball, mash potato, and glazed carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Asparagus</p> <p>PM Snack: Organic string cheese with organic wheat crackers</p>	<p style="text-align: center;">23</p> <p>AM Snack: Organic eggs and spinach frittata</p> <p>Lunch: Sancocho with Turkey , white rice, with cucumber and mango salad</p> <p>Vegetarian: Vegetable sancocho, white rice, and a cucumber and mango salad</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Tomato Bisque</p> <p>PM Snack: Organic strawberry yogurt with toasted granola</p>	<p style="text-align: center;">24</p> <p>AM Snack: Organic mini bagels with organic cream cheese</p> <p>Lunch: Beef and potato stew with vegetables, with macaroni pasta</p> <p>Vegetarian: Bean and potato with vegetable stew with macaroni pasta</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of Broccoli</p> <p>PM Snack: Organic apple and strawberry sauce</p>	<p style="text-align: center;">25</p> <p>AM Snack: Fresh whole banana</p> <p>Lunch: Arroz con pollo, sweet plantains, with peas and carrots</p> <p>Vegetarian: Vegetable yellow rice, plantains, with peas and carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of corn</p> <p>PM Snack: Annies cheddar sticks with fresh orange</p>
<p style="text-align: center;">28</p> <p>AM Snack: Toasted naan bread with organic cream cheese</p> <p>Lunch: Roasted bbq chicken, congri rice, and sweet corn and cauliflower</p> <p>Vegetarian: Roasted bbq tofu, congri rice, with sweet corn and cauliflower</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of lentil</p> <p>PM Snack: Organic string cheese with banana</p>	<p style="text-align: center;">29</p> <p>AM Snack: Fresh cut baked apples with organic greek yogurt</p> <p>Lunch: Ground Turkey, cilantro rice, with black bean and mango salsa</p> <p>Vegetarian: Cilantro rice, ground tofu, and black bean with mango salsa</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of tomato</p> <p>PM Snack: Fresh cut fruit salad with toasted organic granola</p>	<p style="text-align: center;">30</p> <p>AM Snack: Organic whole grain cheese quesadillas</p> <p>Lunch: White bean and vegetable stew, white rice, and tomato with cucumber and shredded carrots</p> <p>Vegetarian: White bean and vegetable stew, white rice, and a tomato and cucumber with shredded carrots</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Chicken noodle Soup</p> <p>PM Snack: Chicken and diced apple lad with Naan bread</p>	<p style="text-align: center;">31</p> <p>AM Snack: Organic whole grain french toast with organic maple syrup</p> <p>Lunch: Chicken and vegetable teriyaki with noodles</p> <p>Vegetarian: Tofu and vegetable teriyaki, with noodles</p> <p>Dessert: Fresh Cut Fruit</p> <p>Soup: Cream of broccoli</p> <p>PM Snack: Homemade cornbread muffin</p>	

*Menus are subject to change from week to week based on food shortages and high demand