



October 2021



Mon	Tues	Wed	Thu	Fri
				1. Chilaquiles w/ Scrambled Eggs Margherita Pizza, Rainbow Salad, & Fresh Fruit Chocolate Tofu Dip w/ Pretzels V: Entrée is Vegetarian
4. Waffles w/ Blueberry Syrup Turkey and Cheese Hoagies, Sweet Kale and Cranberry Salad, & Fresh Fruit Fresh Fruit w/ Crackers V: Veggie and Cheese Hoagies	5. Hash Browns w/ Ketchup Chicken Alfredo, Peas and Carrots, & Fresh Fruit Soft Pretzel Bites w/ Honey Mustard V: Veggie Alfredo	6. Zucchini Chocolate Chip Muffins Frito Pie, Roasted Veggies, & Fresh Fruit Cucumber Coins w/ Toasted Pita and French Onion Dip V: Veggie Frito Pie	7. Apple Pie Smoothies w/ Granola Arroz Con Pollo, Elote Corn Salad, & Fresh Fruit Tangerines w/ Animal Crackers V: Pinto Beans w/ Spanish Rice	8. Veggie Scramble Creamy Tomato Basil Pasta, Side Salad, & Fresh Fruit Bananas w/ Sunbutter V: Entrée is Vegetarian
11. Cinnamon Raisin Bagels w/ Sunbutter Beef and Veggie Burrito Bowls, Tortilla Chips w/ Guacamole, & Fresh Fruit Vanilla Wafers w/ Fresh Fruit V: Bean and Veggie Burrito Bowls	12. English Muffins w/ Pumpkin Cheesecake Spread Turkey and Cranberry Paninis, Honey Roasted Butternut Squash, & Fresh Fruit Chex Mix w/ Carrot Sticks V: Cranberry Swiss Paninis	13. Boiled Eggs w/ Avocado Toast Cheese Tortellini, Side Salad, & Fresh Fruit Goldfish w/ Apple Slices V: Entrée is Vegetarian	14. Roasted Potato and Veggie Hash Ginger Chicken w/ Brown Rice, Korean Cucumber Salad, & Fresh Fruit Veggie Eggrolls w/ Sweet and Sour Sauce V: Ginger Tofu w/ Brown Rice	15. Yogurt w/ Fresh Fruit Bean and Cheese Quesadillas, Roasted Broccoli, & Fresh Fruit Sweet Potato Brownies V: Entrée is Vegetarian
18. Cereal w/ Fresh Fruit Beef Stroganoff, Garlic Buttered Green Beans & Fresh Fruit Green Monster Smoothies w/ Goldfish V: Veggie Stroganoff	19. Pumpkin Cranberry Muffins Chicken Sliders, Roasted Brussel Sprouts, & Fresh Fruit Hummus w/ Pita Triangles V: Beyond Meat Veggie Sliders	20. Cinnamon Toast w/ Peaches Black Bean and Veggie Nachos, Garden Salad w/ Avocado Ranch, & Fresh Fruit Broccoli Trees w/ Veggie Chips and Ranch Dip V: Entrée is Vegetarian	21. Bagels w/ Cream Cheese Dip Chicken Tikka Masala, Roasted Veggies & Fresh Fruit Pretzels w/ Cheese Cubes V: Tofu Tikka Masala	22. Green Eggs and Ham Ratatouille Pasta, Garlic Bread Sticks, & Fresh Fruit Fresh Fruit w/ Graham Crackers V: Entrée is Vegetarian
25. Yogurt w/ Granola Roasted Turkey w/ Broccoli and carrots, Mashed Potato and Gravy, & Fresh Fruit Ginger Snaps w/ Spiced Tofu Dip V: Roasted Tofu w/ Broccoli and Carrots	26. Roasted Veggie and Cheese Frittata Green Goblin Pasta, Roasted Ghost Broccoli, & Fresh Fruit Carrot Sticks and Crackers w/ Hummus V: Entrée is Vegetarian	27. English Muffins w/ Strawberry Jam Chicken Enchiladas, Rainbow Salad, & Fresh Fruit The Great Pumpkin Smoothies w/ Graham Crackers V: Veggie Enchiladas	28. Booberry Muffins Mac n Cheese - RP (Halloween Party) Beef and Cheese Sliders, Corn on the Cob, & Fresh Fruit - SR Goldfish w/ Fresh Fruit V: Entrée is Vegetarian	29. Apple Cinnamon Oat Bars Mac n Cheese - SR (Halloween Party) Beef and Cheese Sliders, Corn on the Cob, & Fresh Fruit - RP Leaky Cauldron Butter Beer and Popcorn V: Beyond Meat Veggie Sliders