






October 2023

| Mon | Tues | Wed | Thu | Fri |
|--|---|--|---|---|
| <p>2. Hash Browns w/ Ketchup</p> <p>Turkey Cranberry and Swiss Melts, Rainbow Salad, & Fresh Fruit</p> <p>Pretzels w/ Cheese Cubes</p> <p>V: Veggie Cranberry Swiss Melts</p> | <p>3. Waffles w/ Strawberry Syrup</p> <p>Lemon Rosemary Chicken, Roasted Potato and Root Veggies, Fresh Fruit</p> <p>Peach Pie Smoothies w/Graham Crackers</p> <p>V: Lemon Rosemary Tofu</p> | <p>4. Cinnamon Toast w/ Spiced Peaches</p> <p>Miso Tofu, Jasmine Rice w/Stir Fried Veggies, & Fresh Fruit</p> <p>Goldfish w/ Fresh Fruit</p> <p>V: Entree is Vegetarian</p> | <p>5. Cereal w/ Bananas and Milk</p> <p>Ham and Cheese Sliders, Roasted Butternut Squash and Brussel Sprouts, & Fresh Fruit</p> <p>Veggie Chips w/ Cucumber Coins and Ranch Dip</p> <p>V: Veggie and Cheese Sliders</p> | <p>6. Boiled Eggs w/ Whole Grain Toast and Whipped Butter</p> <p>Green Chili Mac, Roasted Broccoli, & Fresh Fruit</p> <p>Oranges w/ Animal Crackers</p> <p>V: Veggie Green Chili Mac</p> |
| <p>9. Superfood Smoothies w/ Cereal</p> <p>Curry Lentils w/ Toasted Garlic Naan Bread & Fresh Fruit</p> <p>Fresh Fruit w/ Veggie Straws</p> <p>V: Entree is Vegetarian</p> | <p>10. Roasted Sweet Potato w/ Honey Whipped Ricotta</p> <p>Chicken Nuggets, Tater Tots, and Fresh Fruit</p> <p>Broccoli trees w/Ranch Dip and Crackers</p> <p>V: Veggie Chicken Nuggets</p> | <p>11. Breakfast Bread</p> <p>Turkey Bolognese w/ Herb Buttered Gnocchi, & Fresh Fruit</p> <p>Tangerines w/ Animal Crackers</p> <p>V: Veggie Bolognese</p> | <p>12. Everything Bagels w/ Veggie Cream Cheese</p> <p>White Bean Chicken Chili, Tortilla Chips, and Fresh Fruit</p> <p>Hummus w/ Ritz Crackers</p> <p>V: Roasted Tofu</p> | <p>13. Green Eggs and Ham</p> <p>Creamy Tomato Basil Pasta, Roasted Veggies, & Fresh Fruit</p> <p>Chocolate Tofu Dip w/ Bananas</p> <p>V: Entrée is Vegetarian</p>  |
| <p>16. Cereal w/ Dried Fruit</p> <p>Parmesan Pasta, Steamed Broccoli & Fresh Fruit</p> <p>Turkey and Cheese Rollups</p> <p>V: Entree is Vegetarian</p>  | <p>17. Yogurt w/ Granola</p> <p>Frito Pie, Buttered Corn, & Fresh Fruit</p> <p>Cheese Cubes w/ Crackers</p> <p>V: Veggie Frito Pie</p> | <p>18. Rice Cakes w/ Sunbutter</p> <p>Black Bean and Veggie Rice Bowls, Side Salad, & Fresh Fruit</p> <p>Oranges w/ Vanilla Wafers</p> <p>V: Entree is Vegetarian</p> | <p>19. English Muffins w/ Applesauce</p> <p>Chicken and Veggie Ramen Noodle Soup, Sesame Cucumber Salad, & Fresh Fruit</p> <p>Veggie Egg Rolls w/ Sweet and Sour Sauce</p> <p>V: Entree is Vegetarian</p> | <p>20. Green Chile Migas</p> <p>Beef Stroganoff, Side Salad & Fresh Fruit</p> <p>Fresh Fruit w/ Chex Mix</p> <p>V: Veggie Stroganoff</p> |
| <p>23. Biscuits w/ Jam</p> <p>Rajma, Vegetable Pulao, & Fresh Fruit</p> <p>Hummus w/ Carrot Sticks and Pita Triangles</p> <p>V: Entree is Vegetarian</p> | <p>24. Cheesy Hashbrowns</p> <p>Green Chile Chicken Enchiladas, Elote Corn Salad & Fresh Fruit</p> <p>Pretzels w/ Honey Mustard</p> <p>V: Veggie Enchiladas</p> | <p>25. Bacon Egg and Cheese Frittata</p> <p>Green Goblin Pasta, Side Salad & Fresh Fruit</p> <p>Ham and Cheese Rollups</p> <p>V: Entrée is Vegetarian</p> | <p>26. Pumpkin Cranberry Bread</p> <p>Vegetable Beef Soup, Garlic Toast, & Fresh Fruit</p> <p>Bananaberry Smoothies w/ Crackers</p> <p>V: Vegetable Soup</p>  | <p>27. Veggie Scramble</p> <p>Garlic Herb Buttered Pasta, Peas and Carrots, & Fresh Fruit</p> <p>Apple Slices w/ Goldfish</p> <p>V:Entree is Vegetarian</p> |
| <p>30. Bagels w/ Pumpkin Spice Cream Cheese</p> <p>Chicken Tortilla Soup, Chips and Guacamole, and Fresh Fruit</p> <p>Fresh Fruit w/ Animal Crackers</p> <p>V: Black Bean Tortilla Soup</p> | <p>31. Booberry Greek Yogurt w/ Granola</p> <p>Ghoulash, Roasted Ghost Broccoli, & Fresh Fruit</p> <p>Little Green Monster Smoothies w/ Pretzels</p> <p>V: Veggie Ghoulash</p>  |  <p>Happy Halloween!</p> | | |