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| **October**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| Date | 1 | 2 | 3 |
| **Oct 2** |  |  |  |
| **Oct 3** |  |  |  |
| **Oct 4** |  |  |  |
| **Oct 5** |  |  |  |
| **Oct 6 \*\*** |  |  |  |
| **Oct 9** |  |  |  |
| **Oct 10** |  |  |  |
| **Oct 11** |  |  |  |
| **Oct 12** |  |  |  |
| **Oct 13 \*\*** |  |  |  |
| **Oct 16** |  |  |  |
| **Oct 17** |  |  |  |
| **Oct 18** |  |  |  |
| **Oct 19** |  |  |  |
| **Oct 20 \*\*** |  |  |  |
| **Oct 23** |  |  |  |
| **Oct 24** |  |  |  |
| **Oct 25** |  |  |  |
| **Oct 26** |  |  |  |
| **Oct 27 \*\*** |  |  |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2**Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitLow Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh FruitLow Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit | **3**Breakfast for Lunch-French Toast, Eggs, Fresh FruitPasta w/Turkey Bolognese, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | **4**Picadillo, Baked Plantains, Brown Rice, Fresh FruitGrilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | **5**Turkey Burger, Baked Tater Tots, Fresh FruitTurkey Meatballs, Baked Tater Tots, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | **6**Cuban Style Marinated Chicken Rice (Braised Chicken, Diced Tomatoes, Onions on top of Brown Rice) w/Mango Salsa, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| **9**Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets Roasted Zucchini, Fresh FruitBaked Tofu Nuggets, Roasted Zucchini, Fresh Fruit | **10**Lean Beef Tacos, Rice & Beans, Fresh FruitVeggie Crumble Tacos, Rice & Beans, Fresh FruitCheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | **11**Honey Soy Glazed Chicken w/Veggie Fried Rice, Sautéed Veggies, Fresh FruitHoney Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | **12**Lean Beef Burger, Roasted Sweet Peas, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh Fruit | **13**Buffalo Chicken Hero, Baked Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

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| 1. Check off your child’s lunch order for each day.
2. Every day you have a choice of Milk, Chocolate Milk, or Water. Please put a M, C, or W in the box for that day.
3. Each meal is $4.00. A full Menu for the Month is $80.00
4. Order is due no later than **Friday, September 22nd**.
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**Meals x $4.00 = \_\_\_\_\_\_\_\_\_\_**

**Paid by: check # \_\_\_\_\_or cash**

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|    **“yummy in my tummy”** Organic Caterers. |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **16**Pasta alla Rosa w/Chicken, Roasted Seasonal Veggies, Fresh FruitPasta alla Rosa, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh Fruit | **17**Lean Beef & Cheese Burrito, Black Beans, Baked Plantains, Fresh FruitCheese Burrito, Black Beans, Baked Plantains, Fresh FruitCheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | **18**Baked Chicken Piccata, Roasted Rosemary Potatoes, Fresh FruitGrilled Chicken Sandwich, Roasted Rosemary Potatoes, Fresh FruitGrilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit | **19**Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitBreaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | **20**Romesco Lean Beef Sandwich w/Provolone on Cuban Bread, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| **23**Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Veggies, Fresh FruitBaked Tofu Nuggets, Roasted Veggies, Fresh Fruit | **24**Lighter Butternut Squash Pasta Alfredo w/Chicken, Roasted Veggies, Fresh FruitBreakfast for Lunch--Waffles, Eggs, Fresh FruitBreakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit | **25**Ropa Vieja, Baked Plantains, Brown Rice, Fresh FruitLean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Baked Tater Tots, Fresh Fruit | **26**Braised Chicken & Cheese Empanadas, Black Beans, Brown Rice, Fresh FruitCheese & Sautéed Veggie Empanadas, Black Beans, Brown Rice, Fresh FruitMac & Cheese, Roasted Veggies, Fresh Fruit | **27**Reuben on Rye, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |