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| **October**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | 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 Fruit  Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Low Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit | **3**  Breakfast for Lunch-French Toast, Eggs, Fresh Fruit  Pasta w/Turkey Bolognese, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | **4**  Picadillo, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | **5**  Turkey Burger, Baked Tater Tots, Fresh Fruit  Turkey Meatballs, Baked Tater Tots, Fresh Fruit  Mac & 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 Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| **9**  Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets Roasted Zucchini, Fresh Fruit  Baked Tofu Nuggets, Roasted Zucchini, Fresh Fruit | **10**  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Veggie Crumble Tacos, Rice & Beans, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | **11**  Honey Soy Glazed Chicken w/Veggie Fried Rice, Sautéed Veggies, Fresh Fruit  Honey Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | **12**  Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit  Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit  Mac & Cheese, Roasted Sweet Peas, Fresh Fruit | **13**  Buffalo Chicken Hero, Baked Chips, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese 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**. |

**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 Fruit  Pasta alla Rosa, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit | **17**  Lean Beef & Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit  Cheese Burrito, Black Beans, Baked Plantains, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | **18**  Baked Chicken Piccata, Roasted Rosemary Potatoes, Fresh Fruit  Grilled Chicken Sandwich, Roasted Rosemary Potatoes, Fresh Fruit  Grilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit | **19**  Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | **20**  Romesco Lean Beef Sandwich w/Provolone on Cuban Bread, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| **23**  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Veggies, Fresh Fruit  Baked Tofu Nuggets, Roasted Veggies, Fresh Fruit | **24**  Lighter Butternut Squash Pasta Alfredo w/Chicken, Roasted Veggies, Fresh Fruit  Breakfast for Lunch--Waffles, Eggs, Fresh Fruit  Breakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit | **25**  Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit  Lean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Baked Tater Tots, Fresh Fruit | **26**  Braised Chicken & Cheese Empanadas, Black Beans, Brown Rice, Fresh Fruit  Cheese & Sautéed Veggie Empanadas, Black Beans, Brown Rice, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | **27**  Reuben on Rye, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |