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| **October**  Child’s Name  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Classroom   |  |  |  |  | | --- | --- | --- | --- | | Date | 1 | 2 | 3 | | **Oct 1** |  |  |  | | **Oct 2** |  |  |  | | **Oct 3** |  |  |  | | **Oct 4** |  |  |  | | **Oct 5 \*\*** |  |  |  | | **Oct 8** |  |  |  | | **Oct 9** |  |  |  | | **Oct 10** |  |  |  | | **Oct 11** |  |  |  | | **Oct 12 \*\*** |  |  |  | | **Oct 15** |  |  |  | | **Oct 16** |  |  |  | | **Oct 17** |  |  |  | | **Oct 18** |  |  |  | | **Oct 19 \*\*** |  |  |  | | **Oct 22** |  |  |  | | **Oct 23** |  |  |  | | **Oct 24** |  |  |  | | **Oct 25** |  |  |  | | **Oct 26 \*\*** |  |  |  |   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 1  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit | 2  Breakfast for Lunch—French Toast, Eggs, Fresh Fruit  Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit  Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 3  Picadillo, Baked Plantains, Brown Rice, Fresh Fruit  Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 4  Turkey Meatballs, Baked Tater Tots, Fresh Fruit  Veggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh Fruit  Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 5  Cuban Style Marinated Chicken Brown Rice, w/Mango Salsa, Black Beans, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |
| 8  Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 9  Lean Beef Tacos, Rice & Beans, Fresh Fruit  Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit  Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 10  Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh Fruit  Honey Soy Glazed Chicken Sandwich, Sauteed Veggies, Fresh Fruit  Grilled Cheese, Roasted Veggies, Fresh Fruit | 11  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 | 12  Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, 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 $4.50. A full menu for the month is $90.00 4. Order is due no later than **Friday, September 21st**. |

**Meals x $4.50 = \_\_\_\_\_\_\_\_\_\_**

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

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| **“yummy in my tummy”** Organic Caterers. | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 15  Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit  Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit  Baked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 16  Lean Beef & Cheese Burrito, Black Beans, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Tomato Sauce, Roasted Veggies, Fresh Fruit  Cheese Tortellini w/Olive Oil, Roasted Veggies, Fresh Fruit | 17  Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit  Grilled Chicken Sandwich, Roasted Seasonal Veggies Fresh Fruit  Grilled Cheese, Roasted Rosemary Potatoes, Fresh Fruit | 18  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 | 19  Romanesco 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 |
| 22  Lighter Butternut Squash & Browned Butter Pasta Alfredo w/Chicken, Roasted Veggies, Fresh Fruit  Baked Chicken Nuggets, Sauteed Broccoli & Garlic, Fresh Fruit  Baked Quorn Nuggets, Sauteed Broccoli & Garlic, Fresh Fruit | 23  Cheese Lasagna, Roasted Seasonal Veggies, Fresh Fruit  Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  Breakfast for Lunch--Egg & Cheese Muffin, Roasted Potatoes, Fresh Fruit | 24  Ropa Vieja, Baked Plantains, Brown Rice, Fresh Fruit  Lean Beef Sloppy Joe’s, Roasted Seasonal Veggies, Fresh Fruit  Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 25  Maple Mustard Glazed Sliced Turkey, Roasted Veggies, Roll, Fresh Fruit  Maple Mustard Glazed Turkey Po’ Boy, Roasted Veggies, Fresh Fruit  Mac & Cheese, Roasted Veggies, Fresh Fruit | 26  Braised Chicken & Cheese Empanadas, Black Beans, Roasted Seasonal Veggies, Fresh Fruit  Cheese Pizza, Veggies & Dip, Fresh Fruit  Cheese Pizza, Veggie Chips, Fresh Fruit |