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

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| 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** |
| 1Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitLow Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit | 2Breakfast for Lunch—French Toast, Eggs, Fresh FruitPasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh FruitPenne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 3Picadillo, Baked Plantains, Brown Rice, Fresh FruitGrilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 4Turkey Meatballs, Baked Tater Tots, Fresh FruitVeggie Crumble Meatballs w/Tomato Sauce, Baked Tater Tots, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 5Cuban Style Marinated Chicken Brown Rice, w/Mango Salsa, Black Beans, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 8Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 9Lean Beef Tacos, Rice & Beans, Fresh FruitCheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 10Honey Soy Glazed Chicken w/Veggie Fried Rice, Sauteed Veggies, Fresh FruitHoney Soy Glazed Chicken Sandwich, Sauteed Veggies, Fresh FruitGrilled Cheese, Roasted Veggies, Fresh Fruit | 11Lean Beef Burger, Roasted Sweet Peas, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh Fruit | 12Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, 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 $4.50. A full menu for the month is $90.00
4. Order is due no later than **Friday, September 21st**.
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**Meals x $4.50 = \_\_\_\_\_\_\_\_\_\_**

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

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