



October Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3) Chicken Fajitas Mexi-slaw made with Local Cabbage	4) Noon Dismissal No Lunch	5) Homemade Pizza Italian Zucchini with local vegetables	6) Chili w/Coffelt Beef & Homemade Cornbread	7) Hamburgers/ Cheeseburgers on Whole Wheat Bun Roasted Veg Medley
10) Meatball Sandwiches Roasted Local Potatoes	11) Herb Chicken w/ Pasta and fresh Pesto Sauce Baked Local Squash	12)H.S only! Pizza Bar Local Salad	13)H.S only! Taco Bar, lettuce, tomatoes and homemade salsa's	14) H.S. Only! Gyro Bar with Greek Salad & Tatziki (local Cucumbers)
17) Teriyaki Dippers, Stir Fry Rice & Veggies, (Local)	18) Linguine (maybe local salmon) Broccoli	19)Celebrity Chef "Bill Peterson" from Chimayo	20) Black Bean Taco's, Mexi-slaw Homemade Salsa's	21)Chicken Patty Sandwiches Spinach salad
24)Tuscan Turkey & Bean Soup made w/ Local Vegetables Homemade Roll	25) Homemade Macaroni & Cheese Local Green Beans	26) Homemade Pizza, Spinach Salad	27) Roasted Chicken w/ Local Potatoes & Gravy	28) Noon Dismissal No Lunch
31) Goulash, Broom Sticks, Pumpkin Bar	<p>The Colors of Health</p> <p>Fruits and vegetables come in terrific colors and flavors, but the real beauty lies in what's inside. They are a great source of many vitamins, minerals and other natural substances that help protect you from chronic diseases. To get a healthy variety, think color. Eating fruits & vegetables of different colors give your body a wide range of nutrients like fiber, potassium, and vitamins A & C.</p>			

**IN ORDER TO PROVIDE TASTY, FRESH AND HEALTHY MEALS WE MAY NEED
TO MAKE CHANGES TO THE MENU
FRUITS & VEGETABLES WILL BE OFFERED WITH EVERY LUNCH AND WE WILL USE
FRESH, LOCAL PRODUCE WHENEVER POSSIBLE!**

BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwiches	Pancakes or French Toast	Bagels & Cream Cheese	Breakfast Sandwiches	Muffins or Turnovers

**100% Fruit Juice or Fruit will be served daily with Breakfast
Cereal & Yogurt or String Cheese will be a daily option
1% White Milk or Fat Free Chocolate Milk is served with Breakfast and Lunch**

