

October

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cottage Pie (VO- Veg Pie)	3 Rice, Bean & Cheese Burrito (D)	4 Vegetable Barley Soup	5 Grilled Cheese (D)	6 Pizza Salad & Fruit	7
8	9 Taco Salad w/Chicken (VO- no chicken)	10 Pasta Primavera	11 Veggie Chili w/Cheese	12 Chicken Broccoli Casserole	13 Pizza Salad & Fruit	14
15	16 Hot Ham & Cheese (D) (VO- Grilled Cheese) (D)	17 Pasta & Meatballs (VO- veg meatballs)	18 Minestrone Soup	19 Baked Mac-n-Cheese (D)	20 Pizza Salad & Fruit	21
22	23 BBQ Pulled Pork Sandwich (VO- BBQ Veg Sandwich)	24 Pasta Alforno	25 Ribollita (Italian vegetable soup)	26 Cheese Quesadilla (D)	27 Pizza Salad & Fruit	28
29	30 TEACHER INSERVICE DAY NO SCHOOL	31 Buffalo Chicken Salad (VO- Buffalo veg salad)				

VO= Vegetarian Option D= Heavy Dairy