

Fall Lunch Menu

september 2017
october 2017
november 2017

monday

tuesday

wednesday

thursday

friday

October 2, 2017

Chicken Alfredo
Tofu Alfredo
Broccoli
Pear Slices
Pita Bread

October 3, 2017

Farfalle w/
Tomato Cream Sauce &
Mozzarella
Cucumber
Honeydew

October 4, 2017

Lemon Chicken
Lemon Tofu
Peas
Fruit Salad
Whole Grain Bread

October 5, 2017

Turkey Sausage Patties
Veggie "Sausage" Patties
Roasted Potatoes
Pineapple
French Toast

October 6, 2017

Cheesy Pizza Muffins
Glazed Carrots
Appleberry Sauce

October 9, 2017

Asian BBQ Chicken
Asian BBQ Tofu
Broccoli
Apple Slices
Quinoa

October 10, 2017

Beef Burger
Veggie Burger
Roasted Potatoes
Orange Slices
Whole Grain Bun

October 11, 2017

Turkey Pot Pie
Tofu Pot Pie
Green Beans
Cantaloupe
Whole Grain Biscuit

October 12, 2017

Fiesta Burrito
Cucumber
Pineapple

October 13, 2017

Chicken Nuggets
Veggie Nuggets
Peas
Applesauce
Whole Grain Bread

October 16, 2017

Turkey Meatloaf
Vegetarian "Meat"loaf
Green Beans
Pear Slices
Whole Grain Bread

October 17, 2017

Orange Chicken
Orange Tofu
Roasted Butternut Squash
Pineapple Chunks
Whole Grain Roll

October 18, 2017

Beef Sloppy Joes
Boca Sloppy Joe
Mashed Potatoes
Apple Slices
Whole Grain Bun

October 19, 2017

Creamy Mac N
Cheese
Broccoli
Cantaloupe

October 20, 2017

Mediterranean Turkey
Meatballs
Veggie Burger
Peas
Orange Slices
Whole Grain Bread

October 23, 2017

Chicken Stir Fry
Tofu Stir Fry
Peas & Carrots
Apple Slices
Brown Rice

October 24, 2017

Penne Pasta Marinara
w/ Mozzarella
Broccoli
Fruit Salad

October 25, 2017

Roasted Turkey w/ Gravy
Roasted Tofurkey
Mashed Sweet Potatoes
Pineapple
Whole Grain Roll

October 26, 2017

Beef Tacos
Boca Tacos
Refried Beans
Honeydew
Flour Tortilla

October 27, 2017

Fish Tenders
Veggie Nuggets
Green Beans
Applesauce
Whole Grain Bread

October 30, 2017

Chicken Alfredo
Tofu Alfredo
Broccoli
Pear Slices
Pita Bread

October 31, 2017

Farfalle w/
Tomato Cream Sauce &
Mozzarella
Cucumber
Honeydew