





Lunch – October, 2018

10/1 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit	10/2 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit	10/3 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit	10/4 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit	10/5 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit
10/8 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit	10/9 +*Whole grain pizza Garden salad Fresh fruit	10/10 Chicken nuggets Potato soup + Whole wheat bread/butter Fresh fruit	10/11 *Spinach manicotti Winter blend vegetables +Whole wheat bread/butter Fresh fruit	10/12 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit
10/15 Chicken Alfredo with tri-color pasta Salad Fresh fruit	10/16 *Broccoli Quiche Peas +Whole wheat bread/butter Fresh fruit	10/17 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit	10/18 Chicken leg w/ buttermilk gravy Zucchini & yellow squash +Whole wheat bread/butter Fresh fruit	10/19 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit
10/22 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit	10/23 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit	10/24 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit	10/25 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit	10/26 *Lasagna Tossed salad Fresh fruit
10/29 +Whole wheat ziti with chicken sausage & tomato sauce, and baby kale Grated cheese Tossed salad Fresh fruit	10/30 Chicken chili Broccoli & cheese salad +Whole wheat bread/butter Fresh fruit	10/31 *Ravioli w/olive oil, tomato sauce & fresh basil Peas Fresh fruit	<i>Fresh fruits include but are not limited to: apples., oranges , bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>

*Vegetarian meal
+Whole grain



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<p><i>~This menu is designed for children age 12+ months</i></p>	<p><i>Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe.</i></p>	 <p>Visit us at www.goodfoodco.com Age appropriate milk must be served with lunch</p>	<p>11/1 Hamburger slider Bean medley +Whole wheat roll Fresh fruit</p>	<p>11/2 BBQ chicken leg California blend vegetables +Whole wheat bread/butter Fresh fruit</p>
<p>11/5 Turkey sloppy joe Corn & edamame +Whole wheat roll Fresh fruit</p>	<p>11/6 +*Whole grain cheese melt Tomato alphabet soup Fresh fruit</p>	<p>11/7 Shepherd's Pie Pineapple/mango cole slaw +Whole wheat bread/butter Fresh fruit</p>	<p>11/8 Maryland-style chicken Sugar snaps & carrots +Whole wheat bread/butter Fresh fruit</p>	<p>11/9 +*Whole wheat macaroni & cheese Mixed vegetables Fresh fruit</p>
<p>11/12 +Whole wheat Turk-a-roni Grated cheese Southwest salad Fresh fruit</p>	<p>11/13 *Beans & Brown rice Tossed salad +Tortilla Fresh fruit</p>	<p>11/14 Chicken patty Tuscan bean and garlic soup +Whole wheat bread/butter Fresh fruit</p>	<p>11/15 +*Whole grain pizza Garden salad Fresh fruit</p>	<p>11/16 THANKSGIVING DINNER Sliced turkey & gravy Sweet potatoes Cranberry relish Whole wheat bread/butter Fresh fruit</p>
<p>11/19 Chicken Alfredo with tri-color pasta Salad Fresh fruit</p>	<p>11/20 +Spaghetti & meat sauce Grated cheese Spinach salad Fresh fruit</p>	<p>11/21 +Turkey taco w/whole wheat tortilla Corn Grated cheese Fresh fruit</p>	<p>11/22 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>	<p>11/23 ***** CLOSED FOR THANKSGIVING HOLIDAY *****</p>
<p>11/26 Power veggie beef & chicken stew Spinach salad +Whole wheat bread/butter Fresh fruit</p>	<p>11/27 Turkey meatloaf Mashed sweet potatoes +Whole wheat bread/butter Fresh fruit</p>	<p>11/28 +Dirty brown rice with beef, vegetables, quinoa and farrow Apple cole slaw Fresh fruit</p>	<p>11/29 Black bean, corn, & chicken quesadilla +With whole wheat tortilla Green Beans Fresh fruit</p>	<p>11/30 *Lasagna Tossed salad Fresh fruit</p>

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+Whole grain