



OCTOBER 2024
LOWER SCHOOL MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3 0

Fish Sandwich
 Vegetable Spinach Wrap
 Kettle Chips
 Broccoli

7

General Tso's Chicken
 Sweet Chili Tofu
 Jasmine Rice
 Vegetable Egg Roll
 Snow Peas

1 4

School Holiday
 Closed

2 1

Be Well
Apple Day
 Grilled Cheese Sandwich
 Buttered Noodles
 Asparagus
 Baked Cinnamon Apples

2 8

Pancakes
 Vegetarian Sausage Patty
 Sausage links
 Steel Cut Oatmeal

1

World Vegetarian Day
 Cheese Tortellini
 Eggplant Marinara
 Italian Mixed Vegetables
 Garlic Bread

8

Meatball Subs
 Vegetarian Meatball Sub
 Tater Tots
 Spinach

1 5

Turkey & Swiss Croissant
 3 Cheese Croissant
 Sidewinder Fries
 Squash

2 2

Baked Potato Bar
 Baked Sweet Potatoes
 Bacon / Cheese
 Sour Cream / Chili
 Broccoli

2 9

Chicken Alfredo
 Penne Alfredo
 Breadstick
 California Blend Veggies

2

Crispy Chicken Sandwich
 Vegan Chicken Sandwich
 Redskin Mashed
 Potatoes
 Lima Beans

 Strawberry Ice cream
 Cup

9

Pepperoni Pizza
 Cheese Pizza
 Green Beans

 Vanilla Cake with
 Sprinkles

1 6

Fall Dessert Day
 Mac N' Cheese Bar
 Roasted Chicken
 Vegetarian Chicken
 Strips
 Bahama Vegetables

 Special Fall Dessert
 Caramel Apples

2 3

Guess the Giant
Pumpkin's Weight
 Chicken Tenders
 Vegetarian Chicken
 Tenders
 Wild Rice
 Buttered Beans

 Pumpkin Cookie

3 0

Halloween Candy Grab
 Chicken Quesadilla
 Cheese Quesadilla
 Salsa/Guacamole
 Mexican Corn

 Candy Surprises

3

Corn Dog Nuggets
 Vegan Chicken Nuggets
 French Fries
 Peas & Carrots

1 0

Chicken Nuggets
 Vegetarian Chicken
 Tenders
 Rice Pilaf
 Baby Carrots

1 7

Scrambled Eggs
 Vegetarian Sausage
 Turkey Sausage
 Hash Brown Patty

2 4

Cheeseburgers
 Veggie Burgers
 Tater Tots
 Butternut Squash

3 1

Roasted Turkey Breast
 Tofurkey
 Scalloped Potatoes
 Gravy
 Steamed Peas

4

Taco Day
 Beef Tacos
 Vegetable Fajita Tacos
 Spanish Rice
 Steamed Corn

 Brownie Cookie

1 1

Pulled Pork Day
 Pulled Pork Sandwich
 BBQ Tofu Sandwich
 Baked Beans
 Cole Slaw

 Lemon Ice Cup

1 8

So Good Sweet
Potato Day
 Hot Dogs
 Vegetarian Hot Dog
 Sweet Potato Fries
 Roasted Cauliflower

 M&M Cookie

2 5

Fish Sticks
 Hushpuppies
 Roasted Squash and
 Zucchini

 Cinnamon Donut Holes

**Always
 Offered Daily**
 Assorted
 Sandwiches, Cut
 fruit & Vegetables,
 Chicken Chicken
 Noodle Soup &
 Yogurt Cups