



OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29 Chicken and Veggie Fajitas	30 Baked Ziti with broccoli and cauliflower
3 Mini Burritos – tofu/chicken, rice, cheese, broccoli	4 Macaroni and cheese with peas and carrots	5 Mini Hamburgers with cucumber, olive and tomato salad	6 Chicken and veggie fajitas with grilled veggies on the side	7 Bagel sandwiches with hummus and cucumber and soup
10 – NO SCHOOL	11 Cheese ravioli with cauliflower and broccoli	12 Chicken/tofu rice bowls with broccoli	13 Baked Ziti with broccoli and cauliflower	14 Chicken and cheese quesadilla (or cheese only) with broccoli
17 Grilled cheese and soup and mixed veggies	18 Chicken, broccoli, ziti	19 Cheese or veggie pizza	20 Mini hamburgers with salad	21 Mini Burritos with tofu, rice and cheese, side of broccoli
24 Chicken and cheese quesadilla, side of broccoli	25 Pasta with meat sauce and grilled peppers	26 Diwali Indian lunch	27 Cheese ravioli with broccoli and cauliflower	28 Mini Fajitas with chicken or veggies and cheese, side of grilled veggies
31 Halloween grilled cheese with frosted Halloween cookies				