



OCTOBER 2015: K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING • LOCALLY SOURCED & PRODUCED FOOD	New York Thursday 1 Baked Penne with Meat Sauce • Toasty Bread Stick <u>Eat Your Colors</u> Green Beans • Fresh Apple	2 Pizza Grilled Chicken Topping Cheese Calzone <u>Eat Your Colors</u> Chickpea Salad • Green Garden Salad
5 Stuffed Cheesy Bread Marinara Sauce <u>Eat Your Colors</u> Spinach	6 Mac & Cheese Toasted Garlic Dinner Roll <u>Eat Your Colors</u> • Brooklyn Baked Beans	7 National Kale Day Avi's Burger-ito <u>Eat Your Colors</u> Baked French Fries Kale Salad	New York Thursday 8 Chicken & Broccoli Veggie Fried Rice <u>Eat Your Colors</u> • Crispy Egg Roll with Duck Sauce • Fresh Apple	9 Pizza Garden Veggie • Jamaican Patty <u>Eat Your Colors</u> Fresh Tomato Salad
12 Columbus Day Chicken Tenders Dipping Sauces Rice Choice <u>Eat Your Colors</u> Crunchy Carrots	13 Beef Tacos With Fresh Toppings Taco Sauce Chocolate Grahams <u>Eat Your Colors</u> Confetti Corn	14 <u>International Day</u> Cheese Stuffed Shells Marinara Sauce • Toasted Bread Stick <u>Eat Your Colors</u> Green Beans	New York Thursday 15 • Jamaican Patty Spanish Rice <u>Eat Your Colors</u> Plantains • Sofrito Black Beans • Fresh Apple	16 Pizza Bacon OR Sausage Topping Cheese Calzone <u>Eat Your Colors</u> Kale Salad
19 Burger Sliders <u>Eat Your Colors</u> Sweet Potato Fries Waffle Fries	20 Philly Cheese Steak Hero <u>Eat Your Colors</u> Pickles and Onion Rings	21 Turkey Burger <u>Eat Your Colors</u> Seasoned Wedge Fries	New York Thursday 22 Chicken Alfredo Pasta Bowl Mozzarella Sticks Marinara Sauce Pasta Side <u>Eat Your Colors</u> Broccoli • Fresh Apple	23 Pizza Garden Veggie • Jamaican Patty <u>Eat Your Colors</u> • Black Bean Salad
26 Crispy Chicken Sandwich <u>Eat Your Colors</u> Baked French Fries	27 Cheese Burger Deluxe Fish & Cheese Sandwich <u>Eat Your Colors</u> Sweet Potato Wedges	28 Quesadillas OR Empanadas Served with Salsa <u>Eat Your Colors</u> Sliced Cucumbers Ranch Dipper	New York Thursday 29 Carne Guisada Beef Stew • Toasty Bread Stick <u>Eat Your Colors</u> Mashed Potato • Fresh Apple	30 Pizza Grilled Chicken Topping Cheese Calzone <u>Eat Your Colors</u> • Chickpea Salad Green Garden Salad

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches
Flavor Station Provided on Pizza & Pasta Days: Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano
Dipping Sauces-IND: Asian Sesame, Blue Cheese, BBQ, Caesar, Chipotle Ranch, Honey Mustard, Ranch
Condiments: Ketchup, Mustard, Mayonnaise, Thai Chili Sauce, Hot Sauce
Dressings: Asian Sesame, Balsamic, Blue Cheese, Caesar, Chipotle Ranch, Ranch, French, Honey Mustard, Lite Italian

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MENUS ARE SUBJECT TO CHANGE