

MON	TUE	WED	THUR	FRI
		1 Asiatic Inspired Fried Rice with Veggie Mix, Organic Baby Corn and Scrambled eggs Pasture-Raised Chicken Breast Seasonal Fresh Fruit	2 Cheesy Arepas Fiesta Arepas con Queso Refried Pinto Beans Roasted Carrot Coins Seasonal Fresh Fruit	3  PIZZA
6 Creamy Mac & Cheese with Butternut Squash (on the sauce) Homemade Beef Meatballs Unsweetened Applesauce	7 Oven Baked Mamaw's Chicken & Rice Enriched Basmati Yellow Rice Mixed with Organic Sweet Corn, Organic Petite Peas and Pasture-Raised Chicken Breast Mandarins	8 Brazilian Feijoada (No Pork) Shredded Beef Feijoada Style Brown Rice Braised Collard Greens Black Beans Seasonal Fresh Fruit	9 Chicken & Waffles Delight Oven-Baked Chicken Tenders Whole Grain Mini Waffles Roasted Carrot Sticks and Edamame Seasonal Fresh Fruit	10  PIZZA
13 Chicken Nuggets Pasta, Marinara Sauce Mixed Veggies Unsweetened Applesauce	14 Special - Hispanic Heritage Ropa Vieja (shredded beef stew) with Carrots and Potatoes Yellow (Brown) Rice Plantains Tres Leches	15 Chicken Cheese Burger Party Premium Potato Buns, Homemade Chicken-Carrots-Quinoa patties, Premium Martin Potato Buns Homemade Cauliflower-Potato Tots Seasonal Fresh Fruit	16 Chicken Stroganoff Pasture-Raised Chicken Breast with carrots, cauliflower and Mushrooms Enriched Basmati White Rice and Thin Potato Sticks Seasonal Fresh Fruit	17  PIZZA
20 Chicken Parmeggiana Pasta on Marinara Sauce with Organic Broccolis and Shredded Cheese on top Unsweetened Applesauce	21 Meatloaf with Ground and carrots Fresh Mashed Sweet Potato Whole Grain Bread Butter or Marg Ketchup Peaches	22 Oven Baked Chicken Enriched Basmati White Rice Organic Vegetable Mix (California Blend) Organic Pinto Beans Fresh Orange Slices	23 Homemade Mini Kibbeh Syrian Rice with Angel Hair Pasta Organic Lentils Cucumber & Yogurt Salad Seasonal Fresh Fruit	24  PIZZA
27 Creamy Pumpkin Alfredo Buttery Pasta Breaded Chicken Unsweetened Applesauce	28 Breaded Fish Sticks Enriched Basmati White Rice Pinto Bean Cucumber Slices Yogurt Dip Seasonal Fresh Fruit	29 Mini Chicken Pelmeni Steamed Baby Carrots Mashed Potato Steamed Peas Seasonal Fresh Fruit	30 Chicken Quesadilla Soft flour tortillas, Shredded Chicken and Shredded Cheese Cauli-Potato Hash Browns Baby Carrots on the side Seasonal Fresh Fruit	31  PIZZA

MON	TUE	WED	THUR	FRI
		1 Sliced Turkey Steamed Baby Carrots Mashed Potato Corn Muffin Seasonal Fresh Fruit	2 Diced Chicken Brown Rice on Chicken stock/broth Green Beans Seasonal Fresh Fruit	3  PIZZA
6 Baked Diced Chicken Fresh Mashed Sweet Potato Steamed Broccoli Whole Grain Bread Butter or Marg Unsweetened Applesauce	7 Chicken Tetrazzini Pasta Fresh Tomato Slices Mandarins	8 Breaded Fish/Fish Sticks Green Peas Soft Roll Ketchup Seasonal Fresh Fruit	9 Ground Beef Stroganoff Mixed Vegetables Egg Noodles Seasonal Fresh Fruit	10  PIZZA
13 Chicken Nuggets Pasta, Marinara Sauce Mixed Veggies Unsweetened Applesauce	14 Special - Hispanic Heritage Ropa Vieja (shredded beef stew) with Carrots and Potatoes Yellow (Brown) Rice Plantains Tres Leches	15 Cheeseburger Green Beans Bun Mustard, Mayo, Ketchup Seasonal Fresh Fruit	16 TACO PARTY Diced Chicken, Shredded Cheese Shredded Lettuce, Diced Tomato Sweet Corn, Black Beans Corn or Flour Tortillas Corn Seasonal Fresh Fruit	17  PIZZA
20 Sweet and Sassy Chicken Breast with Honey Mustard Glaze) Italian Green Beans Brown Rice with Quinoa Unsweetened Applesauce	21 Meatloaf with Ground Beef and carrots Fresh Mashed Sweet Potato Organic Broccolis Enriched Basmati White Rice Ketchup Mandarins	22 Chicken in Gravy or Sauce Green Peas Soft Roll Ketchup Seasonal Fresh Fruit	23 Perfect Beef Bolognese Pasta Pasta and Enriched Bolognese Sauce with Carrots and Cauliflower (Shredded Parmesan Cheese on top) Spinach, Romaine, Tomato, Cucumber Italian or Ranch Dressing Seasonal Fresh Fruit	24  PIZZA
27 Chicken Alfredo Pasta with Green Peas and Shredded Cheese on top Unsweetened Applesauce	28 Breaded Fish/Fish Sticks Ketchup Cucumber Slices Soft Roll Seasonal Fresh Fruit	29 Sliced Turkey Steamed Baby Carrots Mashed Potato Corn Muffin Seasonal Fresh Fruit	30 Special - Halloween Potato Gnocchi with Fresh Tomato Sauce Spooky Eyeball Chicken Meatballs Pumpkin Oranges	31  PIZZA