

# October Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 French Bread Pizzas with veggie dippers, fresh fruit, and dessert</p> <p><b>V</b> <b>DFO</b></p>	<p>4 Chicken Strips with Mashed potatoes, corn, green beans, and fresh fruit</p> <p><b>DF</b> <b>VO</b></p>	<p>5 Mac and Cheese with tossed salad, fresh fruit and dessert</p> <p><b>V</b></p>	<p>6 Sloppy Joes with Roasted potatoes with green beans and fresh fruit</p> <p><b>DF</b></p>	<p>7 Pizza Day!</p>
<p>10 Penne Alfredo with broccoli, and chicken, fresh fruit and garlic bread</p> <p><b>VO</b></p>	<p>11 Meatballs and Macaroni, salad and dessert</p> <p><b>DF</b> <b>VO</b></p>	<p>12 Baked ziti, garlic bread, salad and dessert</p> <p><b>V</b> <b>DFO</b></p>	<p>13 Spaghetti Pie, veggie dippers, fresh fruit and dessert</p> <p><b>V</b> <b>DFO</b></p>	<p>14 Pizza Day!</p>
<p><b>Godete del vostro pranzo! Celebrating Luigi's Bistro Week! Buono Apatite!</b></p>				
<p>17 <b>Breakfast for Lunch</b> French Toast sticks with sausage links tater tots and fresh fruit</p> <p><b>DF</b> <b>VO</b></p>	<p>18 <b>Tina's Cantina</b> <i>Pre-K thru 4</i> Soft Beef Tacos <i>Grades 5-8</i> Hard Beef Tacos Both with all the fixin's</p> <p><b>B</b> <b>DFO</b></p>	<p>19 Chick-fil-a Day</p> <p><b>DF</b></p>	<p>20 NO SCHOOL!</p>	<p>21 NO SCHOOL!</p>
<p>24 Chicken and Dumplings with mixed veggies and dessert</p> <p><b>DF</b></p>	<p>25 <b>General Whoa's Chopstick Palace</b> Orange Chicken with white rice, broccoli, oranges and a fortune cookie</p> <p><b>DF</b></p>	<p>26 100% Beef Hot Dogs with Chips, Potato Salad, Fruit and Dessert</p> <p><b>B</b> <b>DF</b></p>	<p>27 <b>Mustang Sub Shop</b> Chicken Salad and cheese subs with chips, fresh fruit and a cookie</p> <p><b>DF</b></p>	<p>28 Pizza Day!</p>
<p>31 100% Beef Slider Burgers with tater tots, veggie dippers and dessert</p> <p><b>B</b> <b>DF</b></p>				

## Foodie Facts:

Halloween is coming! Candy is a great treat but it's important to balance your sweets with healthy snack.

## Lunch Room News:

Fall is always a busy time of the year, but it's also full of fun and festivities. Join us at lunch time to see your kids and help us serve. Your volunteering allows us to give the kids more choices and enjoy their lunch time more quickly and efficiently.

In the kitchen we try to be sensitive to food allergies. We are happy to try to accommodate as many requests as possible, however please understand that we can not control the facilities in which some of our food is manufactured. Therefore, if your sensitivity is severe, we suggest packing your own lunch.

**DF** Dairy Free    **DFO** Dairy Free Option    **V** Vegetarian    **VO** Vegetarian Option    **B** Beef

If you have and compliments, questions, or concerns, please contact Chef Katie at MarquissK@sjvs.org