



OCTOBER LUNCH MENU

WEEKLY SNACK MENU

MONDAY

- AM Snack - Nutri-Grain Bars
- PM Snack - Greek Honey Yogurt

TUESDAY

- AM Snack - Hawaiian Rolls w/ Sunbutter
- PM Snack - Veggie Straws

WEDNESDAY

- AM Snack - Bananas
- PM Snack - Low-Fat String Cheese

THURSDAY

- AM Snack - Fresh Fruit/Sliced Cucumbers
- PM Snack - Whole Grain Sun Chips

FRIDAY

- AM Snack - Yogurt
- PM Snack - Red Quinoa Chips & Hummus

Daily snack at 5:00pm
2% milk served daily with lunch

MRA ensures that every child receives nutritious snacks throughout the day. **Students with allergies** will be provided with a **substitute snack** that is based on availability.

We reserve the right to make substitutions based on availability.

SUN	MON	TUE	WED	THU	FRI	SAT
27	28 Meatless Monday Pasta with Red Sauce w/ Mixed Veggies Seasonal Fresh Fruit	29 Taco Tuesday Grass-Fed Beef Tacos loaded with zucchini, bell peppers, onions, & Black Beans, paired with fresh seasonal fruit. <i>V. Fajita Veggie Tacos</i>	30 Teriyaki Chicken Fried Rice Served with tender carrots, and fresh seasonal fruit. <i>V. Teriyaki Veggie Fried Rice</i>	1 All-Beef Sloppy Joes on a whole grain bun, served with a medley of mixed veggies and fresh seasonal fruit. <i>V. Veggie Meatball Subs</i>	2 Freshly Made Oven- Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	3
4	5 Meatless Monday Whole Grain Grilled Cheese Sandwich made with artisan cheese, paired with crispy tater tots, mixed veggies, and fresh seasonal fruit.	6 Taco Tuesday Grilled Chicken Tacos loaded with zucchini, bell peppers, onions, & Spanish Rice, paired with fresh seasonal fruit. <i>V. Fajita Veggie Tacos</i>	7 Whole grain Spaghetti with Meat Sauce served with tender green beans and fresh seasonal fruit. <i>V. Veggie Meatballs</i>	8 Freshly Made Oven- Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	9  School Closed <i>Teacher In-Service Day</i>	10
11	12 Meatless Monday Pasta with Red Sauce w/ Mixed Veggies Seasonal Fresh Fruit	13 Taco Tuesday Grass-Fed Beef Tacos loaded with zucchini, bell peppers, onions, & Black Beans, paired with fresh seasonal fruit. <i>V. Fajita Veggie Tacos</i>	14 Teriyaki Chicken Fried Rice Served with tender carrots, and fresh seasonal fruit. <i>V. Teriyaki Veggie Fried Rice</i>	15 All-Beef Sloppy Joes on a whole grain bun, served with a medley of mixed veggies and fresh seasonal fruit. <i>V. Veggie Meatball Subs</i>	16 Freshly Made Oven- Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	17
18	19 Meatless Monday Whole Grain Grilled Cheese Sandwich made with artisan cheese, paired with crispy tater tots, mixed veggies, and fresh seasonal fruit.	20 Taco Tuesday Grilled Chicken Tacos loaded with zucchini, bell peppers, onions, & Spanish Rice, paired with fresh seasonal fruit. <i>V. Fajita Veggie Tacos</i>	21 Whole grain Spaghetti with Meat Sauce served with tender green beans and fresh seasonal fruit. <i>V. Veggie Meatballs</i>	22 Oven-Baked Chicken Nuggets Served with Mashed Potatoes, steamed broccoli and fresh seasonal fruit. <i>V. Veggie Nuggets</i>	23 Freshly Made Oven- Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	24
25	26 Meatless Monday Broccoli, Cheese, and Rice Casserole with mixed veggies, and fresh seasonal fruit.	27 Taco Tuesday Grass-Fed Beef Tacos loaded with zucchini, bell peppers, onions, & Black Beans, paired with fresh seasonal fruit. <i>V. Fajita Veggie Tacos</i>	28 Cheesy Chicken Baked Ziti Served with a medley of mixed veggies and fresh seasonal fruit. <i>V. Cheesy Baked Ziti</i>	29 All-Beef Sloppy Joes on a whole grain bun, served with a medley of mixed veggies and fresh seasonal fruit. <i>V. Veggie Meatball Subs</i>	30 Freshly Made Oven- Baked Cheese Pizza On a fiber-rich, whole grain crust, served with sweet corn and fresh seasonal fruit.	31



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