

Monday	Tuesday	Wednesday	Thursday	Friday
Not Available Sep 14 Cheese Quesadilla Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit	Not Available Sep 15 Veggie Burger Seasoned Steak Fries Sweet Peas Seasonal Fresh Fruit	Not Available Sep 16 Bow Tie Pasta w/ Veggie "Chicken" Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit	Not Available Sep 17 Veggie Nuggets Macaroni & Cheese Mixed Veggies Seasonal Fresh Fruit	Not Available Sep 18 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples
Not Available Sep 21 Chicken Teriyaki Fried Rice w/ "Veggie" Chicken Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit	Not Available Sep 22 Veggie Nuggets Loaded Mashed Potatoes Sweet Peas Seasonal Fresh Fruit	Not Available Sep 23 Southwest Lentils over Rice Mixed Veggies Pita Bread Seasonal Fresh Fruit	Not Available Sep 24 Pasta Primavera Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit	Not Available Sep 25 Oven Baked Cheese Pizza Sweet Peas Cinnamon Baked Apples
Available Sep 28 Buttermilk Waffles w/ Agave Syrup Veggie Nuggets Potatoes O'Brien Seasonal Fresh Fruit	Available Sep 29 Bean & Cheese Roll-Ups Spanish Rice w/ Mixed Veggies Refried Beans Seasonal Fresh Fruit	Available Sep 30 Macaroni & Cheese w/ Veggie "Chicken" Sweet Peas Wheat Roll Seasonal Fresh Fruit	Available Oct 1 Cheesy Broccoli & Rice Casserole Loaded Mashed Potatoes Green Beans Seasonal Fresh Fruit	Available Oct 2 Oven Baked Cheese Pizza Mixed Veggies Cinnamon Baked Apples
Available Oct 5 Cheese Quesadilla Spanish Rice Refried Beans Seasonal Fresh Fruit	Available Oct 6 Veggie "Meat" Sloppy Joe Sweet Potato Fries Buttered Corn Seasonal Fresh Fruit	Available Oct 7 Veggie Nuggets Cheesy Broccoli Rice Sweet Peas Seasonal Fresh Fruit	Available Oct 8 Baked Ziti (no meat) Wheat Roll Mixed Veggies Seasonal Fresh Fruit	Available Oct 9 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples
Available Oct 12 Veggie "Chicken" Fried Rice Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit	Available Oct 13 Sunbutter & Jelly Croissant Italian Pasta Salad w/ Diced Tomatoes, Celery, & Fresh Parmesan Seasonal Fresh Fruit	Available Oct 14 Southwest Lentils over Steamed Rice Sweet Peas Baked Pears	Available Oct 15 Pasta Primavera Buttered Corn Wheat Roll Seasonal Fresh Fruit	Available Oct 16 Oven Baked Cheese Pizza Crinkle Cut Carrots Cinnamon Baked Apples

Monday	Tuesday	Wednesday	Thursday	Friday
Available Oct 19 Buttermilk Pancakes w/ Syrup Potatoes O' Brien Veggie "Sausage" Patty Seasonal Fresh Fruit	Available Oct 20 Macaroni & Cheese Wheat Roll Mixed Veggies Seasonal Fresh Fruit	Available Oct 21 Veggie Burger Veggie Baked Beans Buttered Corn Seasonal Fresh Fruit	Available Oct 22 Veggie Nuggets Potatoes Au Gratin Green Beans Seasonal Fresh Fruit	Available Oct 23 Oven Baked Cheese Pizza Sweet Peas Cinnamon Baked Apples
Available Oct 26 Spaghetti w/ Veggie "Meat" Sauce Crinkle Cut Carrots Wheat Roll Seasonal Fresh Fruit	Available Oct 27 Veggie Nuggets Mashed Potatoes Mixed Veggies Seasonal Fresh Fruit	Available Oct 28 Bean & Cheese Roll-Ups Spanish Rice Refried Beans Seasonal Fresh Fruit	Available Oct 29 Fettucine Alfredo Oven Baked Baby Carrots Wheat Roll Seasonal Fresh Fruit	Available Oct 30 Oven Baked Cheese Pizza Green Beans Cinnamon Baked Apples