

# OCTOBER



| MON   | TUE  | WED  | THU  | FRI  |
|---|--|--|--|--|
| <b>1</b><br>SUPPER<br>Spaghetti w/ Turkey Bolognese<br>Spaghetti Marinara<br>Caesar Shaker Salad  | <b>2</b><br>SUPPER<br>*Chicken Tikka Masala Rice Plate<br>*Tofu Tikka Masala Rice Plate<br>Peas  | <b>3</b><br>SUPPER<br>Chicken Quesadilla<br>Cheese Quesadilla<br>Baby Carrots        | <b>4</b><br>SUPPER<br>Southwest Chicken Salad<br>Southwest Vegetarian Salad<br>Romaine Lettuce       | <b>5</b><br>SUPPER<br>BBQ Chicken Sandwich<br>Bean and Cheese Burrito<br>Cherry Tomato and Cucumber Salad  |
| <b>8</b><br>SUPPER<br>Sriracha Chicken Club<br>Sunbutter & Jelly Sandwich<br>Baby Carrots         | <b>9</b><br>SUPPER<br>Teriyaki Chicken Rice Bowl<br>Teriyaki Tofu Rice Bowl<br>Peas and Carrots  | <b>10</b><br>SUPPER<br>Chicken Pizza Supreme<br>Cheese Pizza<br>Romaine Shaker Salad | <b>11</b><br>SUPPER<br>Chicken Sausage Hoagie<br>Yogurt Fruit Parfait<br>Jicama Sticks and Cucumbers | <b>12</b><br>SUPPER<br>*Chicken Pesto Pasta<br>*Pesto Penne Pasta<br>Baby Carrots                          |
| <b>15</b><br>SUPPER<br>Spaghetti w/ Turkey Bolognese<br>Spaghetti Marinara<br>Caesar Shaker Salad | <b>16</b><br>SUPPER<br>*Chicken Tikka Masala Rice Plate<br>*Tofu Tikka Masala Rice Plate<br>Peas | <b>17</b><br>SUPPER<br>Chicken Quesadilla<br>Cheese Quesadilla<br>Baby Carrots       | <b>18</b><br>SUPPER<br>Southwest Chicken Salad<br>Southwest Vegetarian Salad<br>Romaine Lettuce      | <b>19</b><br>SUPPER<br>BBQ Chicken Sandwich<br>Bean and Cheese Burrito<br>Cherry Tomato and Cucumber Salad |
| <b>22</b><br>SUPPER<br>Sriracha Chicken Club<br>Sunbutter & Jelly Sandwich<br>Baby Carrots        | <b>23</b><br>SUPPER<br>Teriyaki Chicken Rice Bowl<br>Teriyaki Tofu Rice Bowl<br>Peas and Carrots | <b>24</b><br>SUPPER<br>Chicken Pizza Supreme<br>Cheese Pizza<br>Romaine Shaker Salad | <b>25</b><br>SUPPER<br>Chicken Sausage Hoagie<br>Yogurt Fruit Parfait<br>Jicama Sticks and Cucumbers | <b>26</b><br>SUPPER<br>*Chicken Pesto Pasta<br>*Pesto Penne Pasta<br>Baby Carrots                          |
| <b>29</b><br>SUPPER<br>Spaghetti w/ Turkey Bolognese<br>Spaghetti Marinara<br>Caesar Shaker Salad | <b>30</b><br>SUPPER<br>*Chicken Tikka Masala Rice Plate<br>*Tofu Tikka Masala Rice Plate<br>Peas | <b>31</b><br>SUPPER<br>Chicken Quesadilla<br>Cheese Quesadilla<br>Baby Carrots       |  |  |

**\*Recipes created by the School Advisory SFA**  
**A youth led group that collaborates with Student Nutrition to reimagine the school dining experience.**

All youth under the age of 18 may receive a supper meal at no cost

All meals come with Fresh Fruit & choice of Milk.  
 Students must take a Fruit or Veggie.