

Wednesday, October 1

- Sesame Chicken
- Parsnip
- Cantaloupe
- Whole Grain Noodles

Thursday, October 2

CLOSED

Friday, October 3

- Chicken Pesto
- Carrots
- Honeydew Melon
- Whole Grain Pasta

Monday, October 6

- Pepper Steak
- Bok Choy
- Pineapple & Papaya
- Whole Grain Dinner Roll

Tuesday, October 7

CLOSED

Wednesday, October 8

CLOSED

Thursday, October 9

- Chicken Enchiladas
- Black Beans
- Yellow Summer Squash
- Fruit

Friday, October 10

- Beef w/ Onions & Tomatoes
- Steamed Greens
- Brown Rice
- Fruit

Monday, October 13

- Orange Chicken
- Garlic Zucchini
- Cantaloupe
- Brown Rice

Tuesday, October 14

CLOSED

Wednesday, October 15

CLOSED

Thursday, October 16

- Fish Almandine
- Garlic Spinach
- Pineapple & Papaya
- Quinoa

Friday, October 17

- Harissa Chickpeas
- Roasted Eggplant
- Honeydew Melon
- Whole Grain Pita Bread

Monday, October 20

- Beef Fajitas
- Corn
- Green Beans
- Whole Grain Tortilla

Tuesday, October 21

- Chicken Chile Verde
- Pinto Beans
- Cantaloupe
- Brown Rice

Wednesday, October 22

- Fish Piccata
- Sauteed Bell Peppers
- Pineapple & Papaya
- Whole Grain Pasta

Thursday, October 23

- Beef Stew
- Garlic Kale
- Honeydew Melon
- Brown Rice

Friday, October 24

- Poblano Creamy Chicken
- Green Beans
- Orange
- Whole Grain Pasta

Monday, October 27

- Chicken Tikka Masala
- Roasted Eggplants
- Cantaloupe
- Brown Rice

Tuesday, October 28

- Lemon Glazed Fish
- Sweet Potato Mash
- Pineapple & Papaya
- Quinoa

Wednesday, October 29

- Beef & Broccoli
- Bok Choy
- Honeydew Melon
- Brown Rice

Thursday, October 30

- Chicken Primavera
- Green Peas
- Whole Grain Pasta
- Fruit

Friday, October 31

- Beef Chili Colorado
- Black Beans
- Zucchini
- Whole Grain Tortilla

• Menu subject to change
• \$3 suggested donation

