

OCTOBER LUNCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Broccoli Cheddar Soup	3 Miso Glazed Red Kuri Squash + Rice	4 Veggie + Marinara Spaghetti	5 Smoothie Bowl Bar	6 Cheesy Grits & Greens
9 Tomato Soup + Grilled Cheese	10 Lemon Butter Veggie Pasta Bowl	11 Veggie Rice Pilaf	12 3 Sisters Burrito Bowl	13 NO SCHOOL
16 Black Bean Tortilla Soup	17 Sesame Veggies Noodle Bowl	18 Veggie Curry Rice Bowl	19 Veggie Panini	20 Kimchi Pancakes w/ Toppings
23 3 Sisters Chili w/ toppings	24 Creamy Pesto Pasta	25 Veggie Fried Rice	26 Bean, Cheese & Green Chile Quesadilla	27 Roasted Pumpkin Soup

ALL LUNCHEs EXCEPT FOR THURSDAYS INCLUDE A SIDE OF FRUIT OR SIDE SALAD