




October 2016: K-8 Alternative Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
TOTALLY VEGGIE	BURGER BASH	CULINARY	NEW YORK DELI DAY	PIZZA PARTY
ROSH HASHANAH 3 Cheesy Baked Rotini Whole Wheat Dinner Roll <u>Eat Your Colors</u> Super Hero Spinach <u>Salad Bar</u> Sliced Cucumbers	ROSH HASHANAH 4 Turkey Burger with Cheese Deluxe Toppings <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Fresh Cilantro Slaw	5 Vegetarian Chili Warm Taco Boat Served with Rice and Salsa <u>Eat Your Colors</u> Confetti Corn <u>Salad Bar</u> Confetti Corn Salad	New York Thursday 6 <u>Deli Sandwiches</u> Red, White and Green Panini <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Kale Salad NY Apples/ Apple Slices	7 Pizza Slice Veggie Pizza <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Greek Zucchini Salad
COLUMBUS DAY 10 Mexicali Chili Warm Taco Boat Served with Rice and Salsa <u>Eat Your Colors</u> Confetti Corn <u>Salad Bar</u> Spring Mix Salad	11 100% Beef Burger Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad	YOM KIPPUR 12 Chicken Dumplings Soy Sauce Dipper Sesame Lo-Mein <u>Eat Your Colors</u> Stir Fry Vegetables <u>Salad Bar</u> Spring Mix Salad	New York Thursday 13 <u>Deli Sandwiches</u> Turkey Caesar Wrap <u>Eat Your Colors</u> Fresh Cilantro Slaw <u>Salad Bar</u> Kale Salad NY Apples/ Apple Slices	14 Pizza Slice Bruschetta Pizza <u>Eat Your Colors</u> Chickpea Salad <u>Salad Bar</u> Broccoli Salad
17 Cheesy Ravioli Whole Wheat Dinner Roll <u>Eat Your Colors</u> Callaloo Spinach <u>Salad Bar</u> Sliced Cucumbers	18 Turkey Burger with Cheese Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Spring Mix Salad	19 Chicken Guisada Turkey Carnitas Burrito Yellow Rice and Beans <u>Eat Your Colors</u> Sweet Plantains Seasoned Beans <u>Salad Bar</u> Cilantro Slaw	New York Big Apple Crunch 20 100% New York Beef Cheeseburger Deluxe Toppings <u>Eat Your Colors</u> Cucumber Salad <u>Salad Bar</u> Celery & Apple Salad NY Apples/ Apple Slices	21 Pizza Slice Veggie Pizza <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Carrot and Lemon Salad
24 Pasta Fagioli Whole Wheat Dinner Roll <u>Eat Your Colors</u> Roasted Zucchini <u>Salad Bar</u> Marinated Green Beans	25 100% Beef Burger Deluxe Toppings <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Cucumber Salad	26 Zesty BBQ Chicken Drumstick Corn Cob Buttermilk Biscuit <u>Eat Your Colors</u> Broccoli <u>Salad Bar</u> Celery & Apple Salad	New York Thursday 27 <u>Deli Sandwiches</u> Hot Turkey Pastrami Melt on Kaiser Roll <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Spring Mix Salad NY Apples/ Apple Slices	28 Pizza Slice Bruschetta Pizza <u>Eat Your Colors</u> Chickpea Salad <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad
31 Cheesy Baked Rotini Whole Wheat Dinner Roll <u>Eat Your Colors</u> Super Hero Spinach <u>Salad Bar</u> Sliced Cucumbers			 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, Cold Cheese and Classic Grilled Cheese Sandwiches, Hummus & Pretzel Grab & Go
Flavor Station: Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano
Condiments: Ketchup, Mustard, Mayonnaise, Hot Sauce
Homemade Dressings: Balsamic Vinaigrette, Caesar, Honey Mustard, Italian Vinaigrette

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MENUS ARE SUBJECT TO CHANGE