



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/01/2018</p> <p>WW Chicken Masala Wrap Chicken Masala & B. Rice Corn Strawberry Smoothie Choice of Milk</p>	<p>10/02/2018</p> <p>WW Chicken Fajitas (Onions & R Peppers) Sour Cream (ss) Fresh Pears Choice of Milk</p>	<p>10/03/2018</p> <p>Latin Rice and Beans Ground Turkey (MA) Baked Plantains Fresh Oranges Choice of Milk</p>	<p>10/04/2018</p> <p>WW Alfredo Pasta Broccoli Fresh Red Apples Choice of Milk</p>	<p>10/05/2018</p> <p>Cranberry Turkey Chili Ground Turkey (MA) (Beans & Tomatoes) Apple Juice Choice of Milk</p>
<p>10/08/2018</p> <p>NO SCHOOL TODAY</p>	<p>10/09/2018</p> <p>Jerk Chicken & Brown Rice Baked Plantains Fresh Red Apples Choice of Milk</p>	<p>10/10/2018</p> <p>Cheesy Nachos & Bean Dip Cheese (MA) Pico w/ Tomatoes & Onions Fresh Oranges Choice of Milk</p>	<p>10/11/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Broccoli Fresh Pears Choice of Milk</p>	<p>10/12/2018</p> <p>Spaghetti & Meatballs Cheese (MA) (Carrots & Tomato) Fresh Green Apples Choice of Milk</p>
<p>10/15/2018</p> <p>Beef Hot Dog with WG Bun Hummus & Carrots Fresh Green Apples Choice of Milk</p>	<p>10/16/2018</p> <p>Mac & Cheese Cheese (MA) Broccoli Fresh Red Apples Choice of Milk</p>	<p>10/17/2018</p> <p>Tacos (Romaine & Tomato) Pico w/ Tomatoes & Onions Fresh Oranges Choice of Milk</p>	<p>10/18/2018</p> <p>Shepherd's Pie (carrots & peas) Brown Rice Apple Juice Choice of Milk</p>	<p>10/19/2018</p> <p>Turkey Sub Roasted Potatoes Fresh Pears Choice of Milk</p>
<p>10/22/2018</p> <p>Turkey Lasagna Cheese (MA) Fresh Pears Choice of Milk</p>	<p>10/23/2018</p> <p>Chili Ground Turkey (MA) (Beans, Tomatoes & Onion) Brown Rice Fresh Green Apples Choice of Milk</p>	<p>10/24/2018</p> <p>Teriyaki Beef & Broccoli Brown Rice Apple Juice Choice of Milk</p>	<p>10/25/2018</p> <p>Chicken Drumstick WG Biscuit Midley SP & Potatoes Fresh Oranges Choice of Milk</p>	<p>10/26/2018</p> <p>NO SCHOOL TODAY</p>
<p>10/29/2018</p> <p>Beef Stew (onion, potato & carrot) WG Biscuit Fresh Red Apples Choice of Milk</p>	<p>10/30/2018</p> <p>Beef Hot Dog with WG Bun Hummus & Carrots Fresh Green Apples Choice of Milk</p>	<p>10/31/2018</p> <p>BYO - Meatball Hoagie Bananas Choice of Milk</p>	<p>11/01/2018</p> <p>Pizza inc. Marinara Sauce Cheese (MA) Corn Apple Juice Choice of Milk</p>	<p>11/02/2018</p> <p>WW Chicken Tender Wrap Homemade Potato Soup Fresh Pears Choice of Milk</p>

MILK: Choice of unflavored 1% or flavored fat free milk. ONE CUP FRESH FRUIT available daily. DAIRY- FREE (DF), GLUTEN FREE (GF), VEGAN (VG) AND VEGETARIAN (V) options available daily upon request. ONE CUP OF LOCALLY GROWN VEGETABLES AND FRUIT DAILY. LOCAL PRODUCE FOR EACH MONTH ARE: (SEPT) watermelon, tomatoes, blackberries, raspberries, beets, zucchini, cantaloupe, red peppers, summer squash, apricots, peaches, cucumbers, green beans, cabbage, nectarines, spinach, eggplant, pears, apples, sweet potatoes, potatoes, grapes and carrots (OCT) Beets, butternut squash, peppers, squash, pumpkin, green beans, carrots, broccoli, eggplant, sweet potatoes, potatoes, cabbage, pears, apples, cauliflower, and kale. (NOV) Beets, butternut squash, carrots, broccoli, sweet potatoes, cabbage, pears, apples, cauliflower, potatoes, and kale.

WG = Whole Grain WW = Whole Wheat