



Lunch

Daily salad bar and fresh fruit. The salad bar typically includes green leaf lettuce, grape tomatoes, red peppers, broccoli, cucumber, baby carrots, hard-boiled egg, grilled chicken, croutons, yogurt, and a variety of salad dressings. Beverages include: 2% milk, cranberry juice and water



Monday 10/12

Indigenous People's Day
No School

Tuesday 10/13

Chicken Tikka Masala with rice
& naan bread (GF w/p naan)

Wednesday 10/14

Penne Romagna Bolognese
with green beans and
breadsticks (beef & pork meat
sauce)

Thursday 10/15

Cheeseburgers or beyond
burgers with toppings on the
side (V- beyond burger)

Friday 10/16

Chicken Noodle soup with
dinner roll (DF)



V-Vegetarian

GF-Gluten

DF-Dairy Free

