

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Bagel with Choice of Cream Cheese or Tuna</p> <p>Yogurt Parfait</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>
<p>4</p> <p>Grilled Chicken Slices</p> <p>Hamburger</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>5</p> <p>Pizza</p> <p>Sambousak</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>6</p> <p><b>Rosh Chodesh</b></p> <p>Homemade Chicken Nuggets</p> <p>Meat Empanadas and Lahmagine by <b>Sara's Tent</b></p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>7</p> <p>Spanech</p> <p>Mac n' Cheese</p> <p>Veggie Burger</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>8</p> <p>Bagel with Choice of Cream Cheese or Tuna</p> <p>Waffles</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>
<p>11</p> <p>Pasta with Meat Sauce</p> <p>Sliced Schnitzel</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>12</p> <p>Pizza</p> <p>Fish Sticks</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>13</p> <p>Turkey with Mini Pita</p> <p>Chicken Fingers</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>14</p> <p>Cheese Boureka</p> <p>Mac n' Cheese</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>15</p> <p>Bagel with Choice of Cream Cheese or Tuna</p> <p>Pancakes</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>
<p>18</p> <p>Grilled Chicken Slices</p> <p>Hamburger</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>19</p> <p>Pizza</p> <p>Veggie Frittata</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>20</p> <p>Rice Krispy Chicken</p> <p>Meat Empanadas and Lahmagine by <b>Sara's Tent</b></p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>21</p> <p>Grilled Cheese</p> <p>Penne Vodka</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>22</p> <p>Bagel with Choice of Cream Cheese or Tuna</p> <p>Pizza Bagel</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>
<p>25</p> <p>Pasta with Meat Sauce</p> <p>Sliced Schnitzel</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>26</p> <p>Pizza</p> <p>Sambousak</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>27</p> <p>Chicken lo Mein</p> <p>Chicken and Rice</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>28</p> <p>Kalsones</p> <p>Penne Vodka</p> <p>Veggie Burger</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>	<p>29</p> <p>Bagel with Choice of Cream Cheese or Tuna</p> <p>Yogurt Parfait</p> <p>Fresh Sliced Veggies</p> <p>Fresh Fruit</p>
Menu subject to change based upon market availability				



# October



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bagel with Choice of Cream Cheese or Tuna Yogurt Parfait Salad du Jour Fresh Fruit
4 Grilled Chicken Hamburger Veggie Power Bowl Caesar Salad with Homemade Dressing and Croutons Fresh Fruit	5 Pizza Sambousak "Chickie" Pattie Salad du Jour Fresh Fruit	6 <b>Rosh Chodesh</b> Homemade Chicken Nuggets Meat Empanadas and Lahmagine by <b>Sara's Tent</b> Salad du Jour Fresh Fruit	7 Falafel with Mini Pita & Homemade Chumus Mac n' Cheese Veggie Burger Salad du Jour Fresh Fruit	8 Bagel with Choice of Cream Cheese or Tuna Stuffed Baked Potato Salad du Jour Fresh Fruit
11 Taco with Tortilla, Salsa and Guacamole Schnitzel Sandwich Buff Schnitz Sandwich Salad du Jour	12 Pizza Fish Sticks "Chickie" Pattie Salad du Jour Fresh Fruit	13 Meatball Sub Tuna Wrap Veggie Burger Salad du Jour Fresh Fruit	14 Cheese Boureka Mac n' Cheese Veggie Power Bowl Salad du Jour Fresh Fruit	15 Bagel with Choice of Cream Cheese or Tuna Pancakes Salad du Jour Fresh Fruit
18 Grilled Chicken Hamburger Veggie Power Bowl Caesar Salad with Homemade Dressing and Croutons Fresh Fruit	19 Pizza Veggie Frittata "Chickie" Pattie Salad du Jour Fresh Fruit	20 Rice Krispy Chicken Meat Empanadas and Lahmagine by <b>Sara's Tent</b> Salad du Jour Fresh Fruit	21 Quesadilla with Guacamole & Salsa Penne Vodka Veggie Burger Salad du Jour Fresh Fruit	22 Bagel with Choice of Cream Cheese or Tuna Pizza Bagel Salad du Jour Fresh Fruit
25 Taco with Tortilla, Salsa and Guacamole Schnitzel Sandwich Buff Schnitz Sandwich Salad du Jour Fresh Fruit	26 Pizza Sambousak "Chickie" Pattie Salad du Jour Fresh Fruit	27 Chicken & Broccoli Shawarma with Pita & Homemade Hummus Salad du Jour Fresh Fruit	28 Kalsones Penne Vodka Veggie Power Bowl Salad du Jour Fresh Fruit	29 Bagel with Choice of Cream Cheese or Tuna Yogurt Parfait Salad du Jour Fresh Fruit
Menu subject to change based upon market availability				