

# OCTOBER MENU 2017



MON

TUE

WED

THU

FRI

2	3	4	5	6
<p>Breakfast: Whole Grain Cereal &amp; Grass-fed Milk (V) (EF) AM Snack: Fruit Lunch: Lima Farms Beef Pasta Bolognese Lentil Bolognese (V OPTION) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: Applegate Farms Turkey &amp; Cheese Pinwheels PM Snack: Veggies</p>	<p>Breakfast: Avocado Toast (V/DF) AM Snack: Cheddar Bunnies Lunch: Alphabet Soup (DF) PM Snack: Power Bites</p>	<p>Breakfast: Lima Farms Scrambled Eggs AM Snack: Fruit Lunch: Veggie Quesadilla (V/EF) PM Snack: Chia Pudding</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Pretzels &amp; Raisin Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
9	10	11	12	13
<p>Breakfast: Whole Grain Cereal &amp; Grass-fed Milk (V) (EF) AM Snack: Fruit Lunch: BUTTERNUT SQUASH MAC-N-CH PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: BIRTHDAY CELEBRATION (FRUIT) Lunch: Black Bean Smash (V/GF/EF) PM Snack: Power Bites PM Snack: Veggies</p>	<p>Breakfast: Whole Grain Muffins (V/DF) AM Snack: Veggies Lunch: Pita &amp; Hummus (V/EF) PM Snack: Banana "Nice" Cream Pops</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/DF/GF) AM Snack: Apple Sauce Lunch: Fresh Baked Local Ham &amp; Cheese Whole Grain Sandwich PM Snack: Veggies</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Pretzels &amp; Raisin Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
16	17	18	19	20
<p>Breakfast: Whole Grain Cereal &amp; Grass-fed Milk (V) (EF) AM Snack: Fruit Lunch: Lima Farms Beef Pasta Bolognese Lentil Bolognese (V OPTION) PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: Applegate Farms Turkey &amp; Cheese Pinwheels PM Snack: Veggies</p>	<p>Breakfast: Avocado Toast (V/DF) AM Snack: Cheddar Bunnies Lunch: Alphabet Soup (DF) PM Snack: Power Bites</p>	<p>Breakfast: Lima Farms Scrambled Eggs AM Snack: Fruit Lunch: Veggie Quesadilla (V/EF) PM Snack: Chia Pudding</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Pretzels &amp; Raisin Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
23	24	25	26	27
<p>Breakfast: Whole Grain Cereal &amp; Grass-fed Milk (V/EF) AM Snack: Fruit Lunch: BUTTERNUT SQUASH MAC-N-CH PM Snack: Veggies</p>	<p>Breakfast: Yogurt Parfait &amp; Granola (V/GF) AM Snack: Fruit Lunch: Black Bean Smash (V/GF/EF) PM Snack: Power Bites</p>	<p>Breakfast: Whole Grain Muffins (V/DF) AM Snack: Veggies Lunch: Pita &amp; Hummus (V/EF) PM Snack:</p>	<p>Breakfast: Quinoa Carrot Cake Bars (V/DF/GF) AM Snack: Apple Sauce Lunch: Fresh Baked Local Ham &amp; Cheese Whole Grain Sandwich PM Snack:</p>	<p>Breakfast: Mixed Fruit &amp; Yogurt Smoothie (V/EF/GF) AM Snack: Pretzels &amp; Raisin Lunch: Pizza Friday! (EF/V) PM Snack: Veggies</p>
30	31 HALLOWEEN			
<p>Breakfast: Whole Grain Cereal &amp; Grass-fed Milk (V) (EF) AM Snack: Fruit Lunch: Lima Farms Beef Pasta Bolognese Lentil Bolognese (V OPTION) PM Snack: Veggies</p>	<p>Breakfast: Pumpkin Muffins (V/GF) AM Snack: Fruit Lunch: Applegate Farms Turkey &amp; Cheese Pinwheels PM Snack: Apple Pie "FEEL BETTER POPS™" with probiotic and coconut water</p>			

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V = Vegetarian   GF = Gluten Free   EF = Egg Free   DF = Dairy Free