



# October Lunch

**NO FRIED FOODS!!**

<p><b>Monday, September 30, 2024</b></p> <p>Mega Mac &amp; Cheese - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u></p>	<p><b>Tuesday, October 1, 2024</b></p> <p>Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u></p>	<p><b>Wednesday, October 2, 2024</b></p> <p>BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Cauliflower Cantaloupe <u>V, Vegan: BBQ Tofu</u> <u>GF: Whole Grain Brown Rice</u></p>	<p><b>Thursday, October 3, 2024</b></p> <p>Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Watermelon <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u></p>	<p><b>Friday, October 4, 2024</b></p> <p>Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u></p>
<p><b>Monday, October 7, 2024</b></p> <p>Swedish Meatballs Wheat Bread Sliced Carrots Honeydew <u>V, Vegan, DF, EF, GF:</u> <u>Veggie Meatballs</u> <u>GF: Gluten Free Bread</u></p>	<p><b>Tuesday, October 8, 2024</b></p> <p>Chicken Chickpea Gyros - <u>EF</u> Pita Bread Broccoli Bananas <u>V, Vegan, DF: Chickpea and Veggie Gyros</u> <u>GF: Whole Grain Brown Rice</u></p>	<p><b>Wednesday, October 9, 2024</b></p> <p>Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Peas and Carrots Cantaloupe <u>V, Vegan: Tofu Paella</u></p>	<p><b>Thursday, October 10, 2024</b></p> <p>Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Cauliflower Watermelon <u>DF: DF Chicken Philly</u> <u>V, Vegan: White Bean Philly</u> <u>GF: White Rice</u></p>	<p><b>Friday, October 11, 2024</b></p> <p>Pepperoni Pizza Pasta - <u>EF</u> Pasta Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Pepperoni Pizza Pasta</u></p>
<p><b>Monday, October 14, 2024</b></p> <p>Pasta Alfredo - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u></p>	<p><b>Tuesday, October 15, 2024</b></p> <p>Chicken Broccoli Teriyaki - <u>DF, EF, GF</u> White Rice Broccoli Bananas <u>V, Vegan: Tofu Broccoli Teriyaki</u></p>	<p><b>Wednesday, October 16, 2024</b></p> <p>Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Sliced Carrots Cantaloupe <u>V, Vegan: Lentil &amp; Bean Sloppy Joe</u> <u>GF: White Rice</u></p>	<p><b>Thursday, October 17, 2024</b></p> <p>Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Green Beans Pineapple <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u></p>	<p><b>Friday, October 18, 2024</b></p> <p>Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u></p>
<p><b>Monday, October 21, 2024</b></p> <p>Meatball Slider Dinner Roll Sliced Carrots Honey Dew <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/GF Bread</u></p>	<p><b>Tuesday, October 22, 2024</b></p> <p>Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie &amp; Bean Taco</u> <u>GF: Corn Tortilla</u></p>	<p><b>Wednesday, October 23, 2024</b></p> <p>Red Pepper Chicken - <u>EF, GF</u> White Rice Broccoli Cantaloupe <u>V, Vegan: Tofu w/ DF Sauce</u> <u>DF: Turkey w/ DF Sauce</u></p>	<p><b>Thursday, October 24, 2024</b></p> <p>Pasta w/ Meat Sauce - <u>DF, EF</u> Pasta Peas and Carrots Watermelon <u>V: Cheesy Italian Pasta</u> <u>Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u></p>	<p><b>Friday, October 25, 2024</b></p> <p>Chicken Parmesan Sub - <u>EF</u> Mini Hoagie Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u></p>
<p><b>Monday, October 28, 2024</b></p> <p>Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Cantaloupe <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u></p>	<p><b>Tuesday, October 29, 2024</b></p> <p>Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan: Tofu Broccoli Casserole</u> <u>DF: DF Chicken Broccoli Casserole</u></p>	<p><b>Wednesday, October 30, 2024</b></p> <p>HOK Hearty Turkey Chili - <u>DF, EF</u> French Bread Carrots, Peppers, Onions Honey Dew <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u></p>	<p><b>Thursday, October 31, 2024</b></p> <p>Teriyaki Meatballs Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u> <u>DF, EF, GF: Chicken Teriyaki</u></p>	<p><b>Friday, November 1, 2024</b></p> <p>Pizza Day - <u>V, EF</u> Flour Pizza Crust Cucumbers Fruit Salad <u>DF: Pizza w/Turkey Pepperoni</u> <u>GF: Gluten Free Pizza w/ Cheese</u> <u>Vegan: Pizza w/ Vegan Cheese</u></p>