



October Lunch

NO FRIED FOODS!!

Monday, September 29, 2025	Tuesday, September 30, 2025	Wednesday, October 01, 2025	Thursday, October 02, 2025	Friday, October 03, 2025
Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Cantaloupe <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Meatball Slider Dinner Roll Cauliflower Bananas <u>V, Vegan, DF, EF: Tofu Slider</u> <u>GF: Tofu Slider w/ GF Bread</u>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Watermelon <u>V, Vegan, DF: Tofu Broccoli Casserole</u>	Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Green Beans Honeydew <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u>	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>
Monday, October 06, 2025	Tuesday, October 07, 2025	Wednesday, October 08, 2025	Thursday, October 09, 2025	Friday, October 10, 2025
Creamy Pesto Pasta - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: DF Pesto Pasta w/ Vegan Cheese</u> <u>GF: GF Creamy Pesto Pasta</u>	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>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Peas and Carrots Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	BBQ Beef Meatballs White Rice Cucumber Dill Salad Pineapple <u>V, Vegan, DF, EF, GF: BBQ Veggie Meatballs</u>	Pepperoni Pizza Pasta - <u>EF</u> Pasta Green Beans Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Veggie Pizza Pasta</u>
Monday, October 13, 2025	Tuesday, October 14, 2025	Wednesday, October 15, 2025	Thursday, October 16, 2025	Friday, October 17, 2025
Pasta Fagioli - <u>V, Vegan, DF, EF</u> (Parmesan Cheese on the Side) Peas and Carrots Cantaloupe <u>GF: Entrée w/ GF Pasta</u>	Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Cauliflower Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Red Pepper Turkey - <u>EF, GF</u> Whole Grain Brown Rice Vegan Cole Slaw Honeydew <u>V, Vegan, DF: Tofu w/ DF Sauce</u>	Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Broccoli Watermelon <u>V, Vegan, DF: White Bean Philly</u> <u>GF: White Rice</u>	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>
Monday, October 20, 2025	Tuesday, October 21, 2025	Wednesday, October 22, 2025	Thursday, October 23, 2025	Friday, October 24, 2025
Pasta Alfredo - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>DF, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: GF Pasta Alfredo</u>	Turkey Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Teriyaki Chicken - <u>DF, EF, GF</u> Vegetable Rice Pineapple <u>V, Vegan: Tofu Teriyaki</u>	HOK Hearty Turkey Chili - <u>DF, EF</u> French Bread Carrots, Peppers, Onions Cantaloupe <u>V, Vegan: Three Bean Chili</u> <u>GF: Gluten Free Bread</u>	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>
Monday, October 27, 2025	Tuesday, October 28, 2025	Wednesday, October 29, 2025	Thursday, October 30, 2025	Friday, October 31, 2025
Mega Mac & Cheese - <u>V, EF</u> Pasta Peas and Carrots Cantaloupe <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Cauliflower Bananas <u>V, Vegan: Tofu Paella</u>	Swedish Beef Meatballs Mashed Potatoes Balsamic Green Beans Honeydew <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>Vegan, DF: Roasted Potatoes</u>	BBQ Chicken Quinoa - <u>DF, EF</u> Dinner Roll Broccoli Watermelon <u>V, Vegan: BBQ Tofu</u> <u>GF: Whole Grain Brown Rice</u>	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>

All meals prepared in a facility that handles wheat and wheat-based products