



October Menu

NO FRIED FOODS!!

Monday, October 05, 2026	Tuesday, October 06, 2026	Wednesday, October 07, 2026	Thursday, October 08, 2026	Friday, October 09, 2026
Mega Mac & Cheese - <u>V, EF</u> Pasta Sliced Carrots Honeydew <u>GF: GF Pasta w/ Cheese Sauce</u> <u>Vegan, DF: Cheesy Vegan Pasta</u>	Chicken Fajitas - <u>DF, EF</u> Flour Tortillas Broccoli Bananas <u>V, Vegan: Bean Fajitas</u> <u>GF: Corn Tortilla</u>	Turkey Paella - <u>DF, EF, GF</u> Turmeric Rice Cauliflower Cantaloupe <u>V, Vegan: Tofu Paella</u>	BBQ Meatballs Dinner Roll Green Beans Watermelon <u>V, Vegan, DF, EF, GF: BBQ Veggie Meatballs</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 12, 2026	Tuesday, October 13, 2026	Wednesday, October 14, 2026	Thursday, October 15, 2026	Friday, October 16, 2026
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>	Cheesy Chicken Broccoli - <u>EF, GF</u> Whole Grain Brown Rice Broccoli Bananas <u>V, Vegan, DF: Tofu Broccoli Casserole</u>	Turkey Lentil Sloppy Joes - <u>DF, EF</u> Dinner Roll Sliced Carrots Cantaloupe <u>V, Vegan: Lentil & Bean Sloppy Joe</u> <u>GF: White Rice</u>	Chicken Verde - <u>DF, EF, GF</u> White Rice Cauliflower Pineapple <u>V, Vegan: Black Bean Salad</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 19, 2026	Tuesday, October 20, 2026	Wednesday, October 21, 2026	Thursday, October 22, 2026	Friday, October 23, 2026
Cheesy Red Pepper Pasta - <u>V, EF</u> Pasta Peas and Carrots Honeydew <u>Vegan, DF, GF: Chickpea Pasta w/ DF Red Pepper Sauce</u>	Turkey Taco Tuesday! - <u>EF</u> Flour Tortillas Lettuce, Salsa, Cheese Bananas <u>V, Vegan: Veggie & Bean Taco</u> <u>GF: Corn Tortilla</u>	Cheesy Chicken Philly - <u>EF</u> Mini Hoagie Sliced Carrots Cantaloupe <u>V, Vegan, DF: White Bean Philly</u> <u>GF: White Rice</u>	Swedish Meatballs Mashed Potatoes Green Beans Watermelon <u>V, Vegan, DF, EF, GF: Veggie Meatballs</u> <u>Vegan, DF: Roasted Potatoes</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 26, 2026	Tuesday, October 27, 2026	Wednesday, October 28, 2026	Thursday, October 29, 2026	Friday, October 30, 2026
Mama's Bolognese - <u>DF, EF</u> Pasta Sliced Carrots Honeydew <u>V, Vegan: Pasta Marinara Vegan Cheese</u> <u>GF: Entrée w/ GF Pasta</u>	Teriyaki Chicken - <u>DF, EF, GF</u> Vegetable Rice (Peas and Carrots) Bananas <u>V, Vegan: Tofu Teriyaki</u>	Italian Meatball Sub Mini Hoagie Green Beans Pineapple <u>V, Vegan, DF, EF, GF: Veggie Meatball Sub</u> <u>GF: Whole Grain Brown Rice</u>	Turkey Meatloaf - <u>EF, GF</u> Wheat Bread Broccoli Watermelon <u>V, Vegan, DF - Veggie Patty</u> <u>GF: Gluten Free Bread</u>	Pepperoni Pizza Pasta - <u>EF</u> Pasta Cauliflower Fruit Salad <u>V, Vegan, DF: Veggie Pizza Pasta</u> <u>GF: GF Veggie Pizza Pasta</u>

Disclaimer: For a complete list of ingredients, please refer to the official ingredient list provided.
All meals prepared in a facility that handles wheat and wheat-based products