

# October

# Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
7	8	9	10	11
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
14	15	16	17	18
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
21	22	23	24	25
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Wholegrain Waffles Organic Fruit Milk/Yogurt	Grab -N- Go Parent Breakfast
28	29	30	31	
Muffin Monday w/ Organic Fruit & Milk	Hash Browns, Cage Free Eggs, Organic Milk & Fruit	Kids Choice Cereal Organic Fruit Milk/Yogurt	Pancakes Organic Fruit Milk/Yogurt	



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# Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Organic Berries	Organic Apples	Organic Oranges	Chefs Choice
	Trail mix	Ham and Grapes	Tillamook Cheddar Gougeres	Chefs Choice
7	8	9	10	11
Trail mix	Organic Apples	Vegetable Crudite	Chips and Salsa	Chefs Choice
Cheese and Cracker Plate	Watermelon	Organic Banana Muffins Organic Milk	Organic Berries	Chefs Choice
14	15	16	17	18
Cheese and Cracker Plate	Organic Berries	Chips and Salsa	Vegetables and Hummus	Chefs Choice
Oatmeal Bar	Ham and Grapes	Organic Oranges	Watermelon	Chefs Choice
21	22	23	24	25
Chips and Guacamole	Organic Apples	Veggies and Hummus	Organic Berries	Chefs Choice
Watermelon	Cheese and Cracker Plate	Cage Free Hard Boiled Eggs	Pumpkin Muffin Organic Milk	Chefs Choice
28	29	30	31	
Tillamook Cheddar	Organic Berries	Fruit Smoothies	Organic Fruit Salad	Watermelon
Oranges and Crackers	Organic Banana Muffins Organic Milk	Ham and Grapes	Tillamook Cheddar Gougeres	

## Our Snack Plates V

Apples, Oranges, Grapes, W  
Cantaloupe, Hondew Melor  
or Sheep Cheese, Yogurt,  
Triscuits, Popcorn, Grano  
Pickles, Cucumbers, Celery,  
Peas, Green Peas, Green  
Spinach Dip, Lentil Dip, Rec  
Tofu :



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# Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Chicken Stew over Mashed Potatoes (Veggie Stew)	Crispy Orange Chicken Over Rice and Veggies (Orange Tofu)	Housemade Spam Musubi (Veggie Roll)	Pizza Day
7	8	9	10	11
Chicken Cacciatore: Over Creamy Parmesan Polenta	Taco Tuesday (Veggie Fajita)	Spaghetti and Housemade Meatballs (Tvp Bolognese)	Housemade Fish and Chips (Crispy Tofu)	House Ground Chicken Burgers (Blackbean Burger)
14	15	16	17	18
Crispy Sweet and Sour Chicken (Sweet and Sour Tofu)	Mediterranean Chicken over Rice (Falafel)	Herb Roasted Pork loin w/ Veggies and Rice (Roasted Portabello)	Shrimp Fried Rice w/ Baby Carrots (Tofu Fried Rice)	Turkey Wrap (Veggie Wrap)
21	22	23	24	25
Buternut Squash Macaroni and Cheese (Vegetarian)	Bbq Chicken w/ Veggies and Rice (Bbq Tofu)	Turkey Tetrazzini (Mushroom Tetrazzini)	Chicken Yakisoba (Tofu Yakisoba)	Indian Vegetable Curry and Raisins (Vegetarian)
28	29	30	31	
Ratatouille over Rice and Baby Carrots (Vegan)	Burrito Bowl	Chicken Wrap (Veggie Wrap)	Teriyaki Salmon (Teriyaki Tofu)	

