

OCTOBER 2026



MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10/1	10/2
			Chicken Tikka Masala Lentil & Garbanzo Bean Soup <u>Mixed Vegetables</u> Brown Rice C Applesauce Cookie	Pork Carnitas w/Salsa and a Flour Tortilla Pinto Beans C Pineapple Slaw Mexicali Corn Fresh Melon
10/5	10/6	10/7	10/8	10/9
Tilapia w/Tarragon Cream Sauce and Penne Pasta Stewed Tomatoes <u>Spinach</u> C Fresh Orange	Cuban Pork Sandwich on a WG Bun Potato Leek Soup Black Beans <u>Diced Sweet Potatoes</u> C Citrus Fruit	Soy Ginger Chicken Egg Drop Soup Green Peas C Asian Slaw Brown Rice Fresh Pear	Beef Chili w/Beans <u>Italian Vegetables</u> Tossed Salad w/Ranch Dressing Whole Wheat Roll w/Butter C Tropical Fruit	Turkey a la King over Brown Rice C Broccoli Marinated Beets & Onions Banana
10/12	10/13	10/14	10/15	10/16
INDIGENOUS PEOPLES' DAY	+ Sweet & Sour Meatballs over Brown Rice Asian Cabbage Soup <u>Key Largo Vegetables</u> C Cauliflower Fruit Cocktail	Spaghetti w/Turkey Bolognese Sauce <u>Spinach</u> Pacific Vegetables C Fresh Orange	Pork al Pastor w/Salsa and a Flour Tortilla C <u>Fiesta Vegetables</u> Mexican Street Corn Salad Fresh Plum	Potato Crusted Fish w/Tartar Sauce Minestrone Soup C Brussels Sprouts Tossed Salad w/Caesar Dressing Herbed Brown Rice Fresh Apple
10/19	10/20	10/21	10/22	10/23
Honey Ginger Glazed Pork Asian Corn & Mushroom Soup C Cabbage Brown Rice Pears	Breaded Fish Sandwich w/Cheese & Tartar Sauce on a WG Bun <u>Peas & Carrots</u> Tossed Salad with Blue Cheese Dressing C Fresh Orange Chocolate Chip Cookie	New! Western Baked Beef C Garlic Mashed Potatoes Green Beans <u>Carrots</u> Whole Wheat Roll w/Butter Fresh Apple	Turkey Tamale Pie w/Cornbread Topping Pozole Soup Black Bean & Corn Salad C Broccoli C Tropical Fruit	Chicken Cordon Bleu w/Creamy Dijon Sauce Scalloped Potatoes <u>Spinach</u> C Cauliflower Whole Wheat Roll w/Butter Seasonal Fresh Fruit
10/26	10/27	10/28	10/29	10/30
Turkey Ham w/Pineapple Glaze Diced Red Potatoes <u>Scandinavian Veggies</u> C Broccoli Ranch Salad Whole Wheat Roll w/Butter Seasonal Fresh Fruit	New! Chicken Tinga Spanish Brown Rice Pinto Beans Pineapple Slaw w/ <u>Carrots</u> C Tropical Fruit	Pork with Ginger and Pineapple Sauce C Stir Fry Vegetables Green Peas Brown Rice Fresh Strawberries	Tuna Salad Sandwich w/Lettuce, Tomato, & Onion on Whole Wheat Bread Tomato Basil Soup C Bayou Coleslaw Banana	HALLOWEEN + Hot Dog w/Chili, Cheese, & Onions on a Whole Grain Bun Potato Wedges Green Salad w/Ranch Dressing C Cinnamon Applesauce

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES:
VEGETARIAN OR FEATURED ENTRÉE SALAD
(ASIAN CHICKEN).

— Vitamin A

+ Higher in sodium

C Vitamin C

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.