



OCTOBER 2023 MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| ***Breakfast is the same every week | | | | |
| Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Kitchen Choice Milk, Fruit |
| Lunch week 1 and 2 | 10-2 to 10-6 and 10-9 to 10-13 | | Thursday will change each week | |
| Whole Grain PB and J Carrot sticks Pretzels Fresh Fruit, Milk | Creamy Pesto Tortellini Whole Grain Roll and Butter Cucumbers, Fresh Fruit and Milk | Harvest Salad Chicken, Apples, Craisins, Veggies, Cheddar Cheese and Tangy Honey Mustard Dressing Roll and Butter Fresh Fruit and Milk | National Heritage Month Celebrations: ~October 5 th Filipino ~October 12 Dia De Raza ~October 19 German ~October 26 Italian **See back of menu! | BBQ Turkey and Cheddar Hot Pocket, Tossed Salad, Fresh Fruit and Milk |
| ***Breakfast is the same every week | | | | |
| Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Cereal or Bagel Graham Cracker Milk, Fruit | Whole Grain Kitchen Choice Milk, Fruit |
| Lunch week 3 and 4 | 10-16 to 10-20 and 10-23-to10-27 | | Thursday will change each week | |
| Whole Grain PB and J Carrot sticks Pretzels Fresh Fruit and Milk | Turkey Sub Whole Grain Roll Potato wedges pretzels Fresh Fruit and Milk | MS. Ang's Chicken and Dumpling stew Roll and butter. Celery sticks Fresh Fruit and Milk | National Heritage Month Celebrations: ~October 5 th Filipino ~October 12 Dia De Raza ~October 19 German ~October 26 Italian **See back of menu! | French Bread Pizza Side salad Italian Dressing Croutons Fresh Fruit and Milk |
| <p>***PB and J option available Tuesday through Friday, only by pre order before 9:30 a.m.</p> <p>****DUE TO SOME SUPPLY CHAIN SHORTAGES-MENU IS SUBJECT TO CHANGE.</p> |  <p>Choose MyPlate.gov</p> | | | <p>*DF, GF, Nut Free, available ** vegan and vegetarian options available.</p> <p>***** Allergy alternatives available with appropriate medical documentation.</p> |

We are a CEP School. All breakfast, lunch and snacks served are FREE to all scholars. There will be **no ala carte** foods available. We provide a complete breakfast, lunch, and a healthy snack to all scholars free of charge. All meals served as is, unless allergies are noted, or alternative is ordered by 9:30

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Happy Fall Everyone!

This month there are many National Heritage Celebrations in the United States. We will try to pay tribute to a few with some special meals served every Thursday.

We will honor National Italian American, German American and Filipino American Heritage month as well as EL Dia de La Raza extending the Hispanic Heritage month into October. El Dia De La Raz is celebrated October 12th.

All these cultures have contributed to the varied melting pot that makes our country so special!






October 5-(Filipino) a rich and savory Mechado Beef Stew over Jasmine Rice (Vegetarian/Vegan available)

October 12 (Dia Dela Raza) Mexican Black Bean Soup and Corn Bread

October 19(German) Bratwurst (sausage) Sandwiches and German Style Sauteed veggies (pork free, Gf, and Vegetarian/Vegan available)

October 26 (Italian)Eggplant Parmigiano- a cheesy delicious vegetable lasagna like casserole (Gf, and DF Vegan available)

OCTOBER 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------|-----------|---|--------|----------|
| 1 | 2 | 3 | 4 | 5  | 6 | 7 |
| 8 |  | 9 | 10 | 11  | 12 | 13 |
| 15 | 16 | 17 | 18 | 19  | 20 | 21 |
| 22 | 23 | 24 | 25 | 26  | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

 No School- Indigenous Peoples' Day



We are continuing the FFVP program with fresh fruit and vegetables served as snack 3 days a week. We hope that our scholars are being brave and trying new things!

