


# October 2021 Lunch Menu

Lunch includes the salad bar, milk, & fresh fruit!

FYI - For the 21-22 school year, meals are available at no cost to students attending the Elementary, Middle or High School.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>The Food for Thought Program is hiring!</b> We're looking to fill a 2.5 hr Assistant Cook position available immediately. Check the school website for more information.</p>	 <p>This institution is an equal opportunity provider.</p>	<p><b>Start the School Year off right with BREAKFAST! Yogurt, granola/cereal, milk and fruit available each morning before school!</b></p>	<p>Due to product shortages, menus are posted weekly on Fridays. Menus are subject to change.</p>	<p>1 HALF DAY</p>
<p>4 <u>Chef's Pasta</u> Creamy Alfredo Pasta Bake</p>	<p>Italian Salad with Salami and Ham and a Rustic Bread Roll</p> <p>GF Modified</p>	<p>6 Chicken Fajita with Rice and Beans</p> <p>GF Modified</p>	<p>7 Sesame Orange Chicken Stir Fry with Rice</p> <p>DF</p>	<p>8 Shepherd's Pie with Local Beef and Mashed Potatoes</p>
<p>11 <u>Chef's Pasta</u> Lemon-Herb Bowtie Pasta with Grilled Chicken</p>	<p>12 Grilled Pork Loin with Apple Sauce and Pilaf</p> <p>GF DF</p>	<p>13 Caribbean Jerk Chicken with Pineapple Salsa and Red Beans &amp; Rice</p> <p>GF DF</p>	<p>14 Potato, Ham and Leek Soup with a Fresh Baked Roll</p> <p>GF Modified</p>	<p>15 HALF DAY</p>
<p>18 <u>Chef's Pasta</u> Rigatoni Bolognese</p>	<p>19 Meatloaf (made with local beef!) and Mashed Potatoes</p>	<p>20 HALF DAY Conferences</p>	<p>21 HALF DAY Conferences</p>	<p>22 HALF DAY Conferences</p>