

# LOWER SCHOOL & CECE LUNCH MENU

## October 2024

Celebrating Latinx/Hispanic Heritage Month!



Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
	<p><i>Chili Lime Fish Tacos</i>  <i>Bean Tacos</i>  <i>Jasmine Rice</i>  <i>Shredded Cabbage, Salsa &amp; Avocado Crema</i></p>	<p>Meatless Wednesday!                      Tomato &amp; Cheese Pizza                      Squash &amp; Caramelized Onion Pizza                      Roasted Broccoli                      Fresh Fruit Salad</p>	<p><i>Rosh Hashanah</i>                      No School</p>	<p><i>Rosh Hashanah</i>                      No School</p>
7 Monday	8 Tuesday	9 Wednesday	10 Thursday	11 Friday
<p>General Tso's Chicken                      General Tso's Tofu                      Jasmine Rice                      Steamed Edamame</p>	<p>Turkey Bolognese                      Eggplant Caponata                      Cavatappi Pasta &amp; Garlic Bread                      Sweet Peas</p>	<p>Philly Cheese Steak Sandwich                      Mushroom &amp; Pepper Sandwich                      Potato Wedges                      Mixed Greens Salad</p>	<p><i>Pollo Asado (Roasted Chicken)</i>  <i>Mofongo w/ Pickled Onions</i>  <i>Steamed Rice</i>  <i>Corn Elotes</i></p>	<p>Meatless Friday!                      Pumpkin French Toast                      Fall Vegetable Frittata                      Hashbrowns                      Fresh Berries</p>
14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday
<p><i>Indigenous Peoples' Day</i>                      No School</p>	<p>Kielbasa (Polish Pork Sausage)                      Roasted Cabbage                      Potato &amp; Cheese Pierogi                      Sweet Peas</p>	<p>Baked Salmon w/ Lemon Butter                      Roasted Squash Varieties                      Herbed Mashed Potatoes                      Roasted Brussels Sprouts</p>	<p>Gyro Style Chicken                      Chickpea Falafel                      Lemon Herb Pearl Couscous                      Tomato &amp; Cucumber Salad                      Tzatziki Yogurt Sauce</p>	<p>Meatless Friday!                      Cheese Quesadilla                      Black Bean Quesadilla                      Cilantro Lime Rice                      Roasted Corn                      Fresh Fruit Salad</p>
21 Monday	22 Tuesday	23 Wednesday	24 Thursday	25 Friday
<p>Spaghetti &amp; Meatballs or                      Cheese Ravioli                      Garlic Bread                      Sweet Peas</p>	<p>Chicken Teriyaki                      Japanese Eggplant                      Jasmine Rice                      Cucumber &amp; Carrot Salad</p>	<p>Turkey Chili                      Canellini Bean Chili                      Homemade Corn Bread                      Green Beans                      Sour Cream, Cheddar, Scallions</p>	<p>Spanish Style Chicken                      Tortilla Española                      Creamy Orzo                      Mixed Greens Salad</p>	<p>Meatless Friday!                      Mac N' Cheese                      Pasta Marinara                      Broccoli                      Fresh Fruit Salad</p>
28 Monday	29 Tuesday	30 Wednesday	31 Thursday	Friday
<p>Turkey Burger                      Veggie Burger                      Sweet Potato Waffle Fries                      KCaesar Salad</p>	<p>Grilled Steak                      Stuffed Mushrooms                      Mashed Potatoes                      Fall Vegetable Medley</p>	<p><i>All School Conference Day</i></p>	<p>Blackened Chicken                      Frightful Fritters                      Wormy Pasta w/ Pumpkin Cream                      Green Witch's Fingers                      Halloween Treat!</p>	

- \* Sandwich/Salad Bar is open daily
- \* Vegetarian entree served daily
- \* Gluten and dairy free alternatives available
- \* Sauces typically served on the side for grades K & 1
- \* Yogurt, Apple Sauce, Whole Fruit & Filtered Water available daily
- \* Menu subject to change based on product availability

